



Pete & Emily

Hint at baby No.2 as he says 'Yes, we'll wed this year!'



LAUREN AND MICHELLE'S BABY WARS

EXCLUSIVE PICTURES

Coleen shows off her summer curves!



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CHERYL

Hits back and says 'Don't call me a bag of bones!'



DANIELLE

Fuels baby rumours as she sports rounder tum and ditches the gym



NICOLE

Boosts boobs to an E-cup and bags toy boy lover



JORDAN WARNED

PALS TELL HER: 'YOU'VE GONE TOO FAR' OVER CRUEL JOE HART TWEET



28

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The Lionesses did the nation proud at the World Cup in Canada

The
new!
VIEW

We're gutted for the brave England girls!

Funnily enough, here at **new!** we're not known for our expert football analysis. To be brutally honest, our take on what makes a talented footballer usually hinges upon rippling torsos rather than silky skills.

But we've been totally swept up by the England women's heroics at the World Cup in Canada. Their impressive performances and dedication throughout the tournament have been genuinely inspirational. Let's face it, few sporting events could entice us to stay up well past bedtime – but the exploits of the Lionesses, as they're nicknamed, managed it!

So like the rest of the nation, we were gutted last Wednesday when the team lost to Japan in the semi-finals, going out thanks to a horribly unlucky

last-minute own goal. But our disappointment was clearly nothing compared with the utter desolation felt by the girls, many of whom collapsed in tears at the final whistle. And we can only imagine how poor Laura Bassett, the player who scored that own goal, was feeling.

Obviously, they'll be upset, but every member of the England team deserves praise. And Gary Lineker, who knows a *tiny* bit more about these things than we do, summed it up when he tweeted, "Despite the gut-wrenching nature of the defeat, England's women were terrific and should hold their heads high."

The girls made the nation proud, taught the men's team a thing or two and, perhaps most importantly, will have done wonders for women's sport. They are true role models and will have inspired more young women to get involved in the game. And that alone is worth all the tears.

Lionesses, we salute you!



Jo Potter comforted her devastated team-mate Laura

BUNDLE OF JOY

Congrats to Helen Flanagan, who gave birth to a baby girl, Matilda, on June 29. Helen and boyfriend Scott Sinclair are besotted with their daughter – and we couldn't be happier for them. We've got all the details of their new arrival on page 29. Good luck, guys!



Lebbie
Lebbie Eyres,
editor-in-chief



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Lucy Mecklenburgh & Louis Smith

LONDON, JUNE 25

Lucy dons a cute summer dress from her PrettyLittleThing collection as she heads out on a dinner date with her man. It looks like she could use a good meal!



Stevie Johnson & Sam Thompson

WIMBLEDON, JUNE 30

After sharing a laugh with Stevie at Centre Court, *MIC*'s Sam later boasted on Instagram that he beat 1D star Niall Horan's table tennis score in the Evian Suite... and also referenced the fact that Niall once "canoodled" with his sister, Louise. Oo-er!

Papped

Seven days with the stars



Amy Childs

STAFFORDSHIRE, JUNE 30

Amy has gone back to her roots, dyeing her hair back to red. But has she gone back to fillers too? We hope not!



Tess Daly & Vernon Kay

WIMBLEDON, JUNE 30

The co-ordinated couple look effortlessly cool as they take in the action at the famous tennis tournament. *Strictly* host Tess tweeted her support for Andy Murray on the day.



Millie Mackintosh

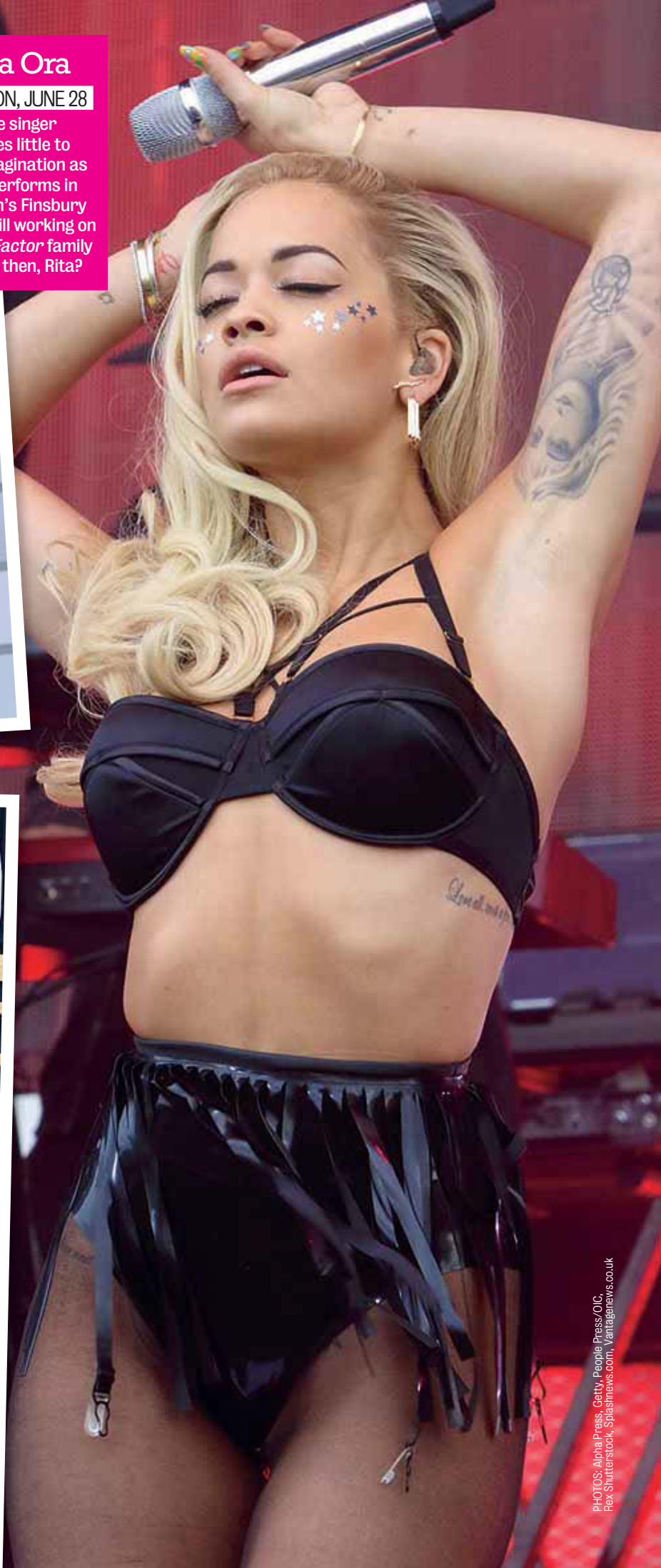
WIMBLEDON, JUNE 29

The heiress oozes summery style at the All England Lawn Tennis & Croquet Club, where she hung out with pals Ella Eyre and Jodie Kidd.

Rita Ora

LONDON, JUNE 28

The singer leaves little to the imagination as she performs in London's Finsbury Park. Still working on that *X Factor* family image then, Rita?



Mariah Carey

FORMENTERA,
SPAIN, JULY 1

It's not like Mariah to put the wrong foot forward, but she almost took a huge tumble getting off her boyfriend James Packer's yacht. Luckily, James was there to lend her a hand. Oh wait...



'You've gone too far, Jordan'

The star is slammed for her mysterious tweet about an England footballer

KATIE PRICE WAS SLATED LAST WEEK FOR POSTING A TWEET

alleging she may have history with England footballer Joe Hart – as he was celebrating his marriage to long-time girlfriend Kimberly Crew.

Katie's ill-conceived message was met with anger from followers, who accused her of ruining Joe's wedding day, when she posted, "All Harts go out to the married couple is he going to tell her the truth about us xx" – before removing it four hours later. Her tweet came despite the fact that she congratulated the couple on their engagement in her newspaper column in June 2013.

She wrote at the time, "Congrats to Man City's Joe Hart on his engagement to long-term girlfriend Kimberly Crew. Wishing them lots of happiness and fun."

While there is no suggestion Manchester City star Joe Hart has cheated on Kimberly with Katie, 37, her cruel tweet certainly caused a stir on social media.

One attacked the mum of five for her mistimed comment, writing, "Attention seeking old munter Katie Price is at it again tweeting about Joe Hart. What a despicable human being she is," while another added, "LOL at Katie Price implying that she and Joe Hart had a 'thing' between them in the past. That attention seeking slag stops at nothing."

Meanwhile, a source told us, "Kate says a lot of things, but she has gone too far this time."

Katie's message would no doubt have come as a shock to her husband Kieran Hayler – especially after the couple agreed to move on and make "a fresh start" following their vow renewal ceremony in February this year.

During a speech to her family and friends, she attacked Kieran for humiliating her by having an affair with her pal Jane Pountney. "I think guests were very shocked by how I attacked Kieran in my speech," she later revealed. "But they wouldn't expect anything less from me. You could not have attacked a man as much as I did."

Mischievous Katie has got form for making cryptic remarks about men. In 2004, during her stint in the *I'm a Celebrity* jungle, DJ Mike Read claimed Katie alleged she had an affair with footballer David Beckham – an allegation David strenuously denied – and she promised to reveal the names of famous men she had bedded in her autobiography.

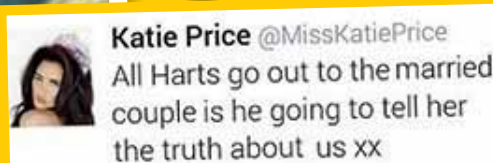
When she returned to the UK, she spoke about her forthcoming book on *This Morning*. She said, "Apparently, that's caused a stir. I'm sticking to my guns. I haven't said anything that isn't true – so come sue me, whoever said he's going to."



Katie was a regular on the Manchester party scene



Fans were angered that Katie may have spoiled Joe Hart's big day



But when the book *Being Jordan* was published the following year, it wasn't quite the explosive revelation she'd promised. She wrote, "Suddenly I felt someone take my hand and squeeze it gently... It was David. I looked at him in surprise, and he was looking right back at me. Imagine how you would feel if David Beckham held your hand! Victoria was standing right next to him, so I thought I'd better keep my mouth shut. She is so incredibly possessive that, if women so much as say they fancy David, she goes mad. I would have given anything for her to disappear at that moment and leave me alone with one of the world's sexiest men. But I guess I'll never really know what David was thinking."

And in November last year, she tweeted, "Watching @bbcstrictly funny how he became arrogant v quick & can't say hi yet 2 years ago were wanting 2 meet me in a hotel & his house mmm."

The post set tongues wagging as the only male stars in the competition

at the time were Simon Webbe, Mark Wright, *EastEnders* actor Jake Wood and naturalist Steve Backshall.

And in October last year, the former model spoke of a dalliance with another big name. She said, "He's a world-famous professional and it's... oh my God, if people knew. He's British. I'm not saying anything more, but any girl would be jealous as f**k."

She added, "I was seeing this person for two or three months before Kieran, but I told him."

Katie also revealed she would unveil the man's identity in her upcoming autobiography, adding, "There's a couple of guys in there who have upset me, so it's about time I revealed the truth about them. They are household names."

Before Katie met Kieran, she had been engaged to Leandro Penna and was spotted holding hands with Gavin Henson during a boozy night out in London – but she denied it was the rugby star she had a fling with.



Katie denied a fling with rugby player Gavin Henson...



...but she did have a romance with another rugby star, Danny Cipriani

Katie's tweet will have come as a shock to husband Kieran Hayler



She said, "I can honestly say that nothing happened with Gavin. There was probably flirtatious banter, nothing more."

Insiders have revealed Katie's love of sportsmen – she has also dated England rugby star Danny Cipriani and has a son, Harvey, with ex Manchester United footballer Dwight Yorke – and in 2010, while married to Alex Reid, Katie caused a stir when Manchester City players Adam Johnson and Micah Richards bid thousands of pounds for a date with her during a charity auction in Cheshire. She promised the football stars "a night you'll never forget".

A source told us, "A famous

celebrity up north used to hold parties that Katie and her friend would often attend. There they'd regularly mingle with footballers.

"At one party Katie had a very open dalliance with one of the players, which was witnessed by quite a few famous people. That was

shocking. She's always had a thing for footballers in general, in fact. She's always wanted to be a WAG. Footballers are rich and horny. They don't say no."

Well, it looks like her next autobiography will be a best-seller!

JULIA BROOKS



With ex-fiance Leandro Penna

MICHELLE: 'WHO THE F**K IS JOE HART?'

Michelle Heaton, 35, has been pals with Katie for years, but she's as in the dark about the tweet as the rest of us...

"Who the f**k is Joe Hart? Oh come on, do I look like I follow football? Don't ask me, I literally don't know anything. I actually don't know anything," she told us. "If I know anything I would usually say, 'Ask Kate,' but I actually don't have a clue. I don't even know she did that, I don't even know who he is. I just don't follow football."



Katie's pal Michelle denies all knowledge

Curvy Coleen hits the beach!

The young mum's new bikini body was the envy of Barbados during her recent getaway...



The mum of two joined in with the ball games

WE'RE SO USED TO SEEING STICK-THIN CELEBS who look like they're in dire need of a sandwich that it's really refreshing to see Coleen Rooney embracing her womanly curves on a family holiday in Barbados!

The WAG turned fashion designer, 29, looked happy and healthy as she soaked up the sunshine at the prestigious Sandy Lane resort with her hubby Wayne, also 29, and sons Kai, five, and Klay, two.

Coleen, who has recently been working out with Cheshire-based fitness model and personal trainer Victoria Steede, turned heads in a striking bikini that showed off her slightly more rounded – but still very toned – figure.

Coleen often holidays without Wayne because of his football commitments, but as the new season isn't due to start until August, they took advantage of the chance to spend quality time together as a family – a family they're hoping to add to! Col has made no secret of the fact that she'd like to expand her brood and would love to have a daughter one day.

"I would like another baby," she said recently. "I'm not sure when. I'd like a girl – I do love the boys, but a girl would complete the family."

Despite Wayne's presence, there was little chance of Coleen relaxing with a rum punch and a racy read with her adorable little boys in tow. Instead she splashed around in the sea with Kai before taking him out to the hotel's pontoon on a lilo, and later she kept a close eye on Klay as he played happily in the foot shower! At one point, she was even spotted eagerly clutching a football. Er, shouldn't that be Daddy's duty?!

Coleen clearly enjoyed every second of playing with her children and has often talked about how much she loves being a mum. "I just feel so proud of the boys," she said in May. "Just the little things they do and seeing their progress from day-to-day. It makes you proud to say you've been a part of that process."

With Kai settled into school after starting last September and Klay coming out of the all-consuming baby stage, it seems like now could be the perfect time for Coleen and Wayne to have another little Rooney to dote on!

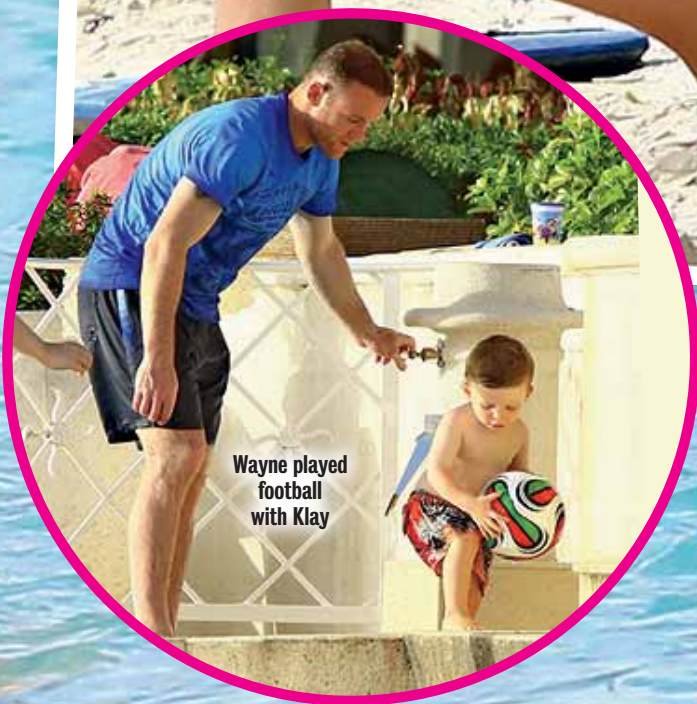
KATE NOBLE

Coleen enjoyed a dip in the sea with Kai in Barbados



EXCLUSIVE
PICTURES

She showed
off her curves
in a patterned
bikini



Wayne played
football
with Klay

PHOTOS: Splashnews.com

STORY of the WEEK

Danielle shows off her fuller figure

The mum of three sparks pregnancy rumours as she puts her exercise regime on hold...

Her new curves started pregnancy rumours

DIET AND FITNESS HAVE ALWAYS BEEN PRIORITIES FOR DANIELLE

LLOYD, but her strict exercise regime has taken a back seat since she found love with Dubai-based property investor Tom Jimson.

The 31 year old, who's been criticised for her excessive workouts and "skinny" frame in the past, showcased a fuller figure as she ran errands in Birmingham last week.

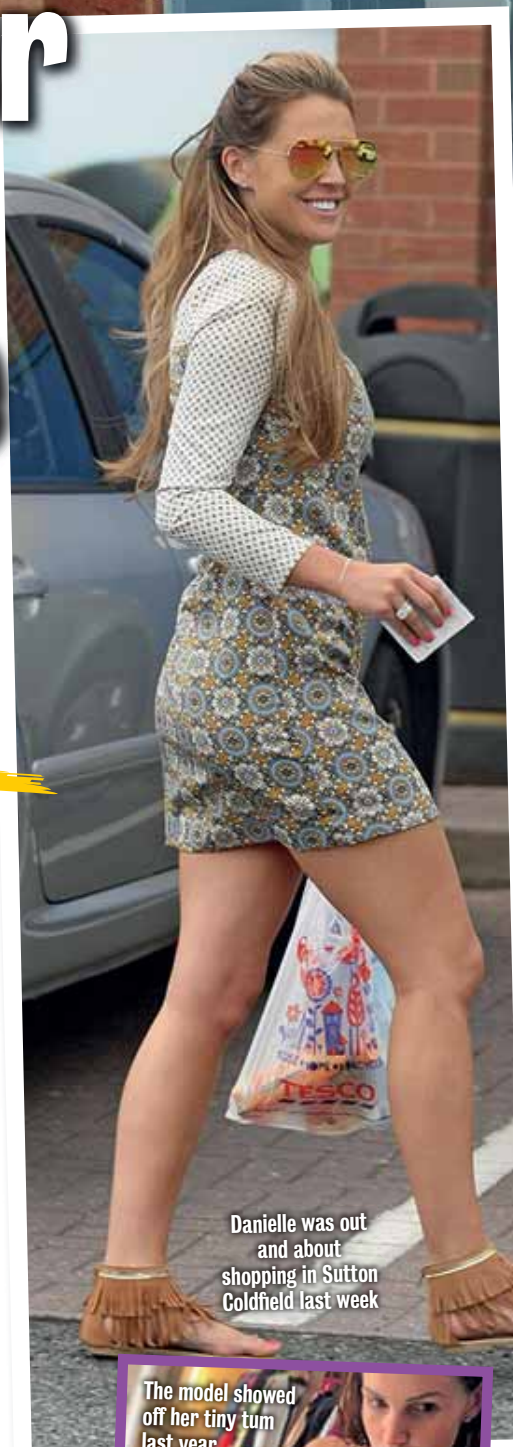
And over the past month, Danielle's been sharing fewer training sessions on social media, posting just one video and one image of her workouts with her personal trainer.

But Danielle's new curves – in particular her rounded tum – have led sources to speculate whether she might be pregnant with her fourth child, nearly two years after she admitted she'd "never say never to having another baby".

"She looked rounder in the stomach compared to normal," one onlooker said. "She looked like she definitely could be pregnant."

However, a spokesperson for the model – who is already mum to Archie, four, Harry, three, and George, 22 months – told **new!** Dan's new look was down to her hectic lifestyle.

"She has put on weight as she hasn't had time to train recently as she's busy with the boys getting ready to move," they told us. Since her split from Jamie O'Hara last year, Danielle has set her sights on moving back to Liverpool, where her family resides.



Danielle was out and about shopping in Sutton Coldfield last week



The model showed off her tiny tum last year



Tom and Danielle are loved up



Whether she and boyfriend Tom have decided to take their relationship to the next level or not, Danielle's healthy glow proves the couple are happier than ever. Just last week Tom shared a snap of his lady and wrote, "Missing this one more than anything @missdillloyd #loveyou #theone."*

Danielle followed suit, saying, "Can't wait to see this one next week miss u so much." Aww!

ZARA ZUBEIDI

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Buon appetito!

Caitlyn steals Kim's style!

The pair keep it in the family when it comes to their signature looks

WHEN CAITLYN JENNER STEPPED OUT ON A NUMBER OF OCCASIONS IN NEW YORK LAST WEEK, there was no denying she looked breathtaking. Cool, calm, collected and confident, she was every bit the woman she had always dreamed of being. But we couldn't help but notice that her outfits looked rather familiar.

Now we can reveal that the reality star has taken some major style inspiration – from her step-daughter Kim Kardashian. From the sleek black jacket she wore to meet with *Sex And The City* stylist Patricia Field last week, to her leopard-print wrap dress, Caitlyn's outfits looked like they'd been taken directly from Kim's wardrobe... and it's possible they have.

Caitlyn has made no secret of the fact that she'd love to emulate the 34 year old's style. In fact, in *Keeping Up With The Kardashians: About Bruce*, the documentary in which Caitlyn first revealed her plans to transition, she admitted she'd stolen one of Kim's outfits.

As Kim went through the 65 year old's rails of new clothes, Caitlyn admitted, "I have something to confess." Kim prompted, "You copy my outfits?" to which Caitlyn replied, "No, I stole your outfit!" before revealing she had lifted a black dress from Kim's wardrobe without her knowledge.

While she was in New York to celebrate Gay Pride, a picture on social media showed Caitlyn looking great in a Kim-inspired white skirt and top, which many noted was incredibly similar to one of Kim's Paris Fashion Week outfits from earlier in the year.

And it's even been reported that Caitlyn has been desperately trying to get Kim's help in picking an outfit for her upcoming ESPYS appearance. Insiders said, "Cait is always calling Kim for fashion advice. She thinks Kim always looks flawless so it's little wonder that she wants to copy her look." So far, however, Caitlyn hasn't copied Kim's nipple-revealing Glastonbury outfit!

The pair have stayed extremely close since Cait's transition, and last week Kim

Kim went through Cait's wardrobe on a special episode of *KUWTK*



Kim made a daring fashion choice on her way to Glastonbury



spoke out about how the entire family, including Bruce's biological daughters Kendall and Kylie, were dealing with the change, admitting the gang were going through therapy.

"We go to group therapy together," she said. "Caitlyn has taught me to be less judgemental."

Kim continued, "We all as a family prayed and hoped that people could understand it, even if we didn't understand it ourselves. Unless you're actually going through it, you'll never 100 per cent understand it. Caitlyn is so grateful for all of that. I'm just happy that people have been so open to this change." Hear, hear!

OLIVIA FOSTER

This white outfit appeared to be inspired by Kim's ensemble in Paris earlier this year



Caitlyn works the wraparound leopard-print frock – just as Kim did in 2010





While in New York for Pride last week, Caitlyn took tips from Kim in a black wrap dress



Kim stepped out in this LBD at the beginning of June, while Caitlyn looked chic in a similar get-up last Monday



Caitlyn put her own spin on Kim's detailed black jacket, opting for a simpler, more mature style



WHEN **new!** WENT BRA SHOPPING WITH **KIM K!**

Well, strictly speaking it was our assistant editor (news) Sarah Morton's mum Kath who browsed brassieres with Kim. She bumped into her at the royals' favourite lingerie store Rigby & Peller in Knightsbridge during Kim's recent whirlwind visit to the UK.

Here, Kath, 60, tells us what *really* happened when she found herself locked in the shop with her hubby Ken, Kim's 7ft bouncer and the lady herself, after the shop was evacuated for Kim's arrival...

"Much like the Queen, I'm a seasoned Rigby & Peller shopper. But that fateful Friday was the first time I've encountered an actual celeb in the store – let alone the most famous woman on the planet.

I was shopping with my husband Ken and we popped into the world-renowned bra Mecca before a trip to the theatre with our favourite child, Sarah. Having chosen a selection of sensible bras – I don't do raunchy any more – I went into the changing room while Ken waited outside.

Suddenly, I heard screaming and cheering. Unsure what was going on, I rushed back into the now-deserted shop, practically topless, only to be met by a pregnant Kim Kardashian, her huge bouncer and a bewildered Ken! The metal bars had even come down over the windows, ensuring *no one* else was coming in. I presume I was allowed to stay because Knightsbridge wasn't ready for a semi-naked 60 year old roaming its streets.

Obviously, the first thing I noticed as Kim raided the racks

was her famous backside – it really is as big as they say, and then some. Ken's observation, "She looks like a cartoon character," was spot on.

With my eyes firmly on her fascinating figure, I watched as Kim shunned sexy negligees for a far more sensible selection of balcony bras in nude and dark colours, all in size 36D. I then retreated back into the dressing room, followed shortly by Kim, who began to change opposite me, tutting audibly as she struggled to squeeze her ample assets into the bras.

After no more than five minutes, she headed for the tills and ended up buying four comfortable bras – three nude and one dark.

I watched as she was billed £400 for the lot, and then, tellingly, refused the complimentary chocolate they offer you at the end. Instead, she handed it to me. eBay, anyone?

I could tell from the gesture alone that she was insecure about her weight. Sensing her unease, I turned to her, glanced at the now hundreds of people gathered outside and told her in my best mumsy tone, "You poor love – what a life this is."

She just smiled sadly and told me, "It's OK," before the shop assistants gathered for a Rigby team photo with her – and before she graciously agreed to pose with me for mine.

And with that, Kim was ushered out of the door, back into the arms of her adoring public and, naturally, I was straight on the phone to the girls at **new!**

Meanwhile, Ken's been glued to KUWTK re-runs ever since..."

Nicole flaunts new man... and bigger boobs!

The singer rocked a rounder bust – and a hot new toy boy – as she celebrated her birthday in Mykonos

NICOLE SCHERZINGER WELCOMED HER 37TH BIRTHDAY IN STYLE LAST WEEK – by showcasing her very ample bosom in a tiny bikini and bagging herself a hot footballer in the process!

Proving she's finally moved on from her seven-year on/off relationship with Lewis Hamilton, the singer was pictured smiling from ear to ear as she sported a rounder bust in a plunging bikini during her birthday getaway to Mykonos with some gal pals, where she hooked up with former Fulham ace Pajtim Kasami – who, at 23, is 14 years her junior.

And according to Clinical Director at Transform Cosmetic Surgery, Mark Norfolk, it's no wonder Paj was smitten with the former Pussycat Doll – he reckons Nicole has treated herself to a new pair of boobs.

"It looks like Nicole has had a breast re-augmentation, going from an approximate C/D cup to an E/EE size," Mark said. "Her breasts are significantly bigger, fuller and rounder compared to before and they appear to still be swollen, suggesting it was a recent procedure," he added.

Nicole sported a flatter chest back in 2007...



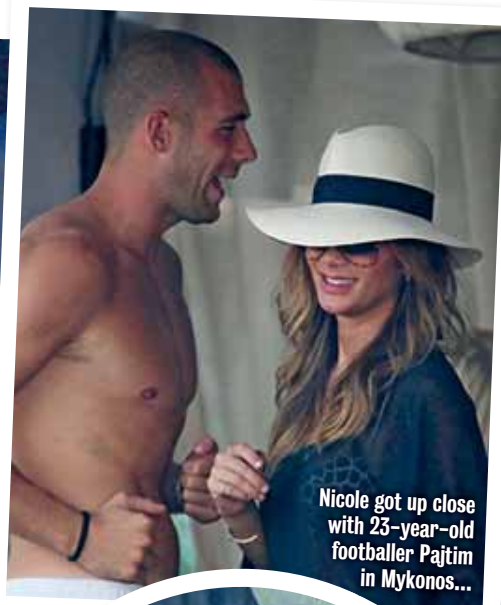
THEN

Ex Lewis sent her a birthday message



NOW

Experts believe she's had a second boob job



Nicole got up close with 23-year-old footballer Pajtim in Mykonos...



...and it wasn't long before they got even more friendly

Celebrity cosmetic surgeon Alex Karidis agreed. "Nicole's breasts look fuller in the upper half, which is the area, particularly with a skimpy bikini, that is hardest to achieve. You couldn't suggest it's a trick of the bra," he said.

Contrary to reports that Nic was heading to Glastonbury to catch up with her ex Lewis, the former *X Factor* judge instead enjoyed a romantic clinch with footballer Pajtim during a wild birthday night out.

The next day, she wrote on Instagram, "Goodmorning from #Mykonos ...I couldn't imagine a better birthday view to wake too...actually haven't slept." "Oo-er!"

Even a birthday message from her ex, Lewis, where he referred to her as "a dear friend", didn't dampen her spirits. The F1 ace, who has been linked to Kendall Jenner, wrote, "Through the years we shared alot, i wouldn't have changed a thing. All the experiences made me the man i'm proud to be right now. The Memories together will never be taken away no matter how old we get and I'm thankful for the time we had. I'm wishing you the Happiest of Birthdays, and may God continue to Bless you in all that you do. #waayyyupstayblessed."

Meanwhile, reports last week claimed Nicole was in talks to join *The Voice*, replacing Rita Ora, though this was denied by a spokesperson who told us the rumours were "completely untrue". Boo!

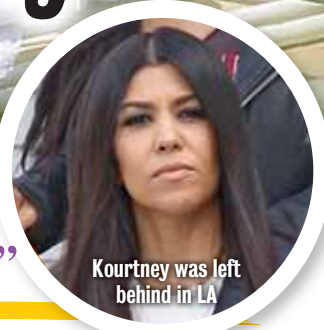
LISA BLAKE

Scott and his ex Chloe looked close in Monaco



Is it all over for Kourtney and Scott?

"The Lord" is pictured getting cosy with ex, leaving Kourt "livid"



Kourtney was left behind in LA

THINGS HAVE GONE FROM BAD TO WORSE FOR LONG-SUFFERING KOURTNEY KARDASHIAN, after pictures emerged of her partner, Scott Disick, 32, looking very touchy feely with his 25-year-old ex-girlfriend, stylist Chloe Bartoli.

Just a week after we revealed Kourt and Scott were at "breaking point" following claims he enjoyed a four-day fling with a woman in New York, these incriminating shots came to light and could now signal the end of their turbulent relationship.

Anyone looking at the snaps, which were taken in sunny Monaco last week while

Kourtney was at home in LA, would think Chloe and Scott – who dated before he met Kourtney in 2006 – were a couple. In one picture, the pair lie together on a sun lounger, and in another Scott can be seen stroking the pretty brunette's back as they enjoy dinner with pals.

Now sources say 36-year-old Kourtney is beside herself. An insider revealed, "Kourtney is once again embarrassed by Scott's behaviour. She is absolutely livid with what she has seen. Her mind is racing on what else could be happening. Scott breaking her heart isn't anything new, but this latest issue has her very upset and not sure what to do."

A day before the pictures emerged, Kourtney posted a snap of herself at a firing range with the caption, "Don't mess."

The couple, who have three children together, Mason, five, Penelope, two and six-month-old Reign, have barely spent any time together of late, and Scott's on-going issues with drugs and alcohol – which have seen him check into rehab twice this year – are also thought to have put a huge strain on their fragile relationship.

We just don't know if these guys will pull through this time...

OLIVIA FOSTER



Scott touches Chloe's back as they enjoy dinner with friends

Cheryl hits back at 'bag of bones' jibe

The grieving star tells trolls they "have no idea what she's been through" after she's accused of being too thin...

CHERYL FERNANDEZ-VERSINI HAS BLASTED "IGNORANT" TROLLS AFTER ONE referred to her as a "bag of bones".

The *X Factor* judge hit back in a shock rant at an Instagram user who commented on a snap of Cheryl being whisked away for a 32nd birthday surprise by her hubby Jean-Bernard last week.

The fan wrote, "Bag of bones, u looked so much healthier in the early girls aloud days with ur lovely curves."

Cheryl then revealed that she has been grieving for JB's father, who died recently, and raged, "I am so sick and tired of it being OK to call somebody too thin or a 'bag of

The singer's figure was slated after she posted this pic



Cheryl with her birthday cake in Italy



bones'. I would never dream of calling somebody too fat and that they should maybe cut down on their food intake? What is the difference?"

She added, "You have no idea what I have been through.

Just losing my father in law v recently and everything that comes with that. Not that I am or should justify myself to anyone."

Cheryl concluded her tirade by blasting body shamers. "I'm so f sick of people thinking it's OK to be mean or body shame anyone. And it's woman on woman. Have some respect and maybe think there may be reasons why before opening your mouth please," she fumed, adding, "I am just tired of the ignorance... At some point it's just enough. Some people are naturally thin."

Her shock words came after fans commented on her dramatically slimmer look, which she showed off during a night out in London's Notting Hill days before jetting to Italy with JB.

Cheryl out in Notting Hill last week

HAPPY ANNI, CHEZ AND JB!

AS THEY CELEBRATE THEIR FIRST ANNIVERSARY ON JULY 7, WE LOOK AT THEIR YEAR IN PICTURES...



JULY 7, 2014

Diamond girl! The delighted singer shows off her wedding band after getting married to JB in a secret ceremony on the island of Mustique. Sneaky...



NOVEMBER 16, 2014

"Babe, be a gent and give me your jacket!" Chez looks chilly as the couple leave the *X Factor* studios.



NOVEMBER 27, 2014

JB puts a protective arm around his wife as they head to a charity bash in central London.



JANUARY 29, 2015

"She's mine!" The French hunk appears reluctant to let go of Chez's hand as she stops for a fan.



She enjoyed an evening out with Kimberley

Fans noticed her tiny frame as she enjoyed an evening out with former Girls Aloud bandmates Kimberley Walsh and Nicola Roberts and took to social media to voice their concern. One wrote, "Cheryl would look much nicer with a stone weight on her she is too thin and it's making her look haggard."

Another said, "She looks dreadful, her hair's dull and lifeless and her body, she has no shape." A third exclaimed, "Cheryl looks too thin."

Following the drama, Jean-Bernard, 34, quickly stuck up for his wife – and appeared to be loading her with carbs. The Frenchman posted a



Nicola also had dinner with the girls

picture taken in Italy on Cheryl's surprise trip, showing the pair cosying up together with a white birthday cake, and wrote, "She finally finish her Italian dinner. In Italy."

He followed it up with a picture of a humongous cheesy pizza and wrote, "Feeling fortunate and bless." He added, "Very tough year but there is always the choice to look at the bright side and seeing @cherylofficial happy makes me happy. Btw it's her pizza."

Cheryl later gushed, "I'm feeling very lucky and grateful #sobeautiful #italy."

At least the haters didn't end up completely ruining your holiday, Chez!

LISA BLAKE

PHOTOS: Erotisme.co.uk, GC Images, GoIPhotos.com, WENN.com, Xposurephotos.com *Internet posts are printed exactly as they appear online



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MAY 14, 2015

Shady behaviour! The couple try but fail to go incognito at Nice airport.



MAY 15, 2015

Cheryl manages a smile at the Cannes Film Festival – unlike her hubby.



MAY 16, 2015

So in tune! The pair wear matching blue and white outfits as they leave Cannes.

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330ml

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330ml

Energy 5kJ 1kcal	Fat 0g	Saturates 0g	Sugars 0g	Salt 0g
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They are already love rivals, but will they be rivals in the baby stakes too?

MICHELLE KEEGAN BEAT LAUREN GOODGER UP THE AISLE – and she may want to win the baby race too!

Just last week, Lauren revealed her plans to become a first-time mum, saying she'd love to start a family with her boyfriend Jake McLean soon.

"I want to be a young mum, so we don't want to wait too long. I can't wait to be the mum of Jake's children," she gushed.

The star even took a swipe at her ex Mark Wright and his new wife Michelle, who wed in May, by telling us, "It doesn't matter about getting engaged or married first. I used to think it did, but I'm different now."

However, it isn't just Lauren who wants to be a young mum – Michelle does too! The former *Coronation Street* actress revealed last week that she thought she would have children by now.

She said, "I always thought I was going to be a really young mum. I always had in my head that I was going to have a baby at 22 or 23. Obviously that didn't happen!"

And just before the couple married, Michelle revealed, "We always said we'll get married before we think about having children, the traditional way. We're not planning anything yet. But it never gets planned, does it?"

The 28 year old has even sought parenting advice from her own mother, Jacqueline, adding, "She's told me how exhausting it is, but when the time comes I'll be ready."

Mark – who is believed to want four children as he comes from a family of four himself –

'I WANT TO BE A YOUNG MUM, SO WE DON'T WANT TO WAIT TOO LONG'



Lauren and Michelle have both hinted they'd like to be mums soon



Lauren and Michelle's baby race

PHOTOS: FamerFlynet.uk.com, Splashnews.com



Jake and Lauren "can't wait to start a family together"



Mark has opened up about his desire to have children

also can't wait to start a family. The 28-year-old hunk told **new!** earlier this month, "I'd like to be a dad one day."

Lauren's man Jake, 26, is also keen to experience fatherhood, revealing last week, "For me, getting married and having kids is what life is all about. I can't wait to start a family together."

He added, "Starting a family is the most important thing to us. Getting married isn't really a priority." We'll be keeping an eye on these two!

ZARA ZUBEIDI

Jess' pain over Ricky and Marnie's engagement

The reality couple's surprise news comes as a major blow to Ricky's ex...

THE CHAMPAGNE WAS FLOWING FOR RICKY RAYMENT AND MARNIE SIMPSON LAST WEEK following their engagement after a whirlwind six-month romance. But there was one person who won't be too keen on popping open the bubbly – Ricky's ex, Jess Wright.

A source revealed how former *TOWIE* star Ricky got down on one knee in Zante, Greece, when he joined Marnie, 23, to film the series finale of *Geordie Shore* three weeks ago. A source confirmed, "Ricky came in for the last episode and that's when he proposed to her. They're over the moon."

But the news is believed to have come as a blow to Jess, whose two-year relationship with Ricky, 24, finished in November last year, when she found out he had been messaging another girl behind her back – following 29-year-old Jess' constant hints at marriage.

An insider said, "It might come across that things are moving a little too quickly but Ricky believes

he's met the girl of his dreams. Jess is a distant memory."

While Jess made no reference to the engagement on social media at the time **new!** went to press, fans were quick to point out how the news showed her in a far from flattering light.

"LOL Ricky n Marnie are engaged? ok he doesn't rate Jess. He was with Jess for two years and no ring was shown,"* one fan wrote. Another said, "This is so awkward for Jess."

To make matters worse, Marnie appears to have a very close bond with Ricky's parents, unlike Jess, who had numerous run-ins with Ricky's mum Jan in scenes shown on *TOWIE*.

Last week, Ricky's dad, who was on holiday, tweeted Marnie, writing "Long time no see, #FamilyTime xx." She replied, saying, "Can't wait for you and @raymentjan to come home xxx." She also tweeted, "See you for celebrations," no doubt in reference to her and Ricky's good news.

Just recently, Jess, who will have marriage on her mind following her brother Mark's wedding to Michelle Keegan in May, made one final dig at Ricky, by claiming she's never been in love. "I don't even know if I've ever been in love," she said. "Not genuine, respectful, deep love – I'm not actually quite sure if I have ever had that, which is weird. It's upsetting because I'm 29, you know?"

Ricky later hit back, saying, "Sometimes you think you love someone, but you don't. I thought I loved her but I didn't, and she obviously feels the same. She was telling the truth and I respect that."

Just four months ago, Jess revealed he was close to getting down on one knee when they were together. "Everyone needs to stop blaming his age – that's not the reason we broke up," she said. "I heard that he'd picked out a ring for me and that he was going to propose. If



Marnie and Ricky were seen looking at rings back in May



The couple were all smiles as they landed back in the UK last week, but there was no sign of a sparkler



Jess and Ricky had many a bust-up on *TOWIE*



His mum Jan waded into their rows too

PHOTOS: FameFlynet.uk.com, Rex Shutterstock, Splashnews.com, The Sun/News Syndication
*Internet posts are printed exactly as they appear online

he really is such a little kid then why would he have done all of that?"

But despite defending her ex, there was no going back for the pair, as Ricky had already started dating Marnie. They first hooked up at the National Television Awards after-party in January, and were spotted ring shopping as early as May.

Before his proposal, Ricky said being apart from Marnie when she was away filming in Greece had been difficult. "I miss her so much! I can't speak to her for three weeks, which is one of the hardest things I've ever had to do," he revealed. "When you find the right person, it's a totally different feeling. I'm filled up with happiness now."

Er, we're not sure Jess feels the same...

LISA BLAKE



Jess dated Ricky for two years but never got a proposal

STORY of the WEEK



George, here with Kerry, shows the effects of Bell's palsy

Is stress to blame for George's 'stroke'?

Kerry Katona's husband is pictured for the first time since his Bell's palsy diagnosis

GEORGE KAY HAS REVEALED THE SHOCKING AFTER-EFFECTS

of his terrifying stroke scare, which was later revealed to be Bell's palsy – a condition that causes temporary weakness or paralysis of the facial muscles.

The former rugby player, 35, posed for a series of pictures with his wife, in which his left eye appeared to be squinting, while the right side of his face showed a visible "droop" – a common symptom of the condition.

Although experts have claimed there is no specific reason for the condition, people under severe stress can fall victim to Bell's, which can last for up to eight weeks. Research site Facialpalsy.org.uk confirms that links have been made between Bell's and "a depleted immune system and stress".

The couple's financial woes have been well-documented, so it's possible that George's anxiety

over Kerry's bankruptcy could have triggered his sudden attack.

George, who married Kerry last year, recently said, "We argue a lot over money issues. We have to live within a strict budget and that's tough. We're both fiery characters, too, so that doesn't help things," before admitting that he didn't know if the pair should be together. However, he later told **new!** that he would have 100 children with Kerry if he could.

Kez, 34, recently revealed she believed the health scare could be down to ghosts and negative energy around her.

She said, "I have a goal and then something bad always happens – whether it's drugs, divorce, bankruptcy, my exes' affairs or George's health scare."

Kerry even hired a ghost-hunting team to have their home exorcised. We hope you get better soon, George!

OLIVIA FOSTER

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Pete & Emily hint at baby No.2!

In the same week he confirms he and his fiancée will marry this year, Peter Andre sparks rumours a second baby is on the way...

WOW, OUR COLUMNIST PETER ANDRE REALLY KNOWS HOW TO HIT THE HEADLINES!

In the same week he confirmed he will be getting hitched to his fiancée Emily this year, he also hinted there is a second baby on the cards!

As the couple posed on the red carpet of the Nordoff Robbins 02 Silver Clef Awards at London's Grosvenor Hotel, Pete, 42, gently patted Emily's tummy. He made the exact same move almost two years ago to the day at the same bash – only to announce weeks later that Emily, 24, was pregnant with their first child.

A guest who spotted the affectionate gesture at last Friday's event told **new!**, "It was a really touching moment. Pete was beaming and Emily couldn't stop smiling. They both looked really happy and glowing."

Just last month Pete told **new!** he and Emily would try for a second baby "when we're married".

"I can't wait to try for that," he said, adding he would love a sister for Amelia. "I wanted a boy before Mills was born. I was like, 'Boy, boy, boy,' and then she was



They adopted the same pose two years ago, before revealing Ems was expecting



Pete said Emily wanted to tie the knot this year



The loved-up pair couldn't stop grinning as Pete affectionately patted Emily's tummy last week

born and I wasn't gutted, I was happy. I've fallen so in love with her that I'd happily have another girl."

This would be the perfect time for the pair to have another child, as they will marry this year. Pete confirmed the wedding news during an interview on *Loose Women* last Thursday – a month after telling **new!**, "If we can bring it forward it will be a blessing."

Speaking on the chat show, he revealed, "It was always going to be next year but I think we're going to do it this year now because it's just nicer."

And when prompted by panellist Linda Robson to confirm the nuptials will happen in 2015, Pete explained, "I'm a man and I can't plan too much, definitely this year... if she says yes!"

The star, who has Cypriot parents and grew up in Australia, remained tight-lipped on where the big day will take place during his chat on the TV show. Instead, he bowed his head and joked, "It's in Iceland," as a nod to the frozen food supermarket he is the face of.

LISA BLAKE

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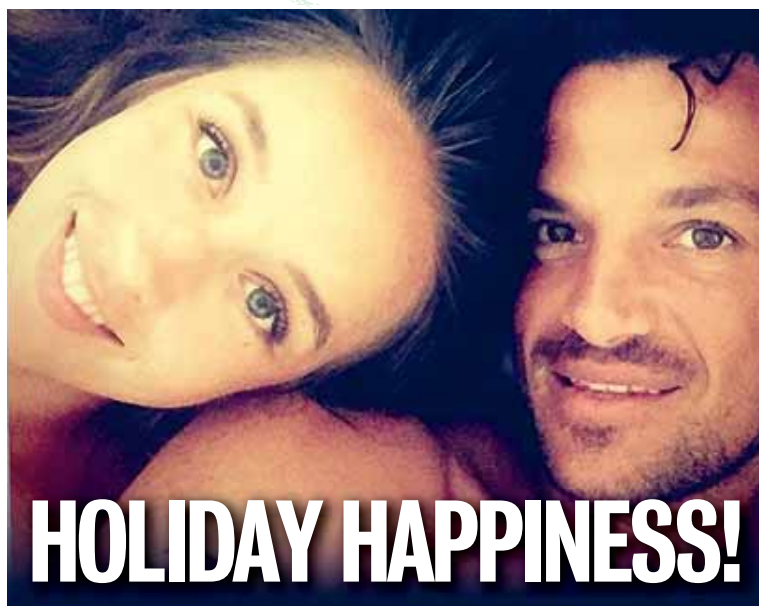
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PLANET PETE

Pete tells us about sunning himself in Cyprus and why it's good to laugh at yourself...



HOLIDAY HAPPINESS!

Last week I took Ems and a few friends to my house in Cyprus for three days. I love it there – it's beautiful, it's private and it's perfect if I fancy a little getaway. Although I was gutted to hear the UK was experiencing a heatwave while I was on holiday – typical, ha ha! I can't believe temperatures soared to 36C – I've never known the UK to be that hot.

I can't complain too much as we had lovely weather in Cyprus too. Luckily I'm an Aussie, so I'm used to the heat and although Amelia is also part Aussie, Emily and I make sure we've got the

factor 50+ ready for any holiday. We also put her in a cooling vest to keep her comfortable.

My brother Chris lives in Cyprus, so it was great to have some BBQs and pool parties with him, too. While I was there I uploaded some awesome pics of the lovely Ems and I, while we treated ourselves to an afternoon siesta – they're the best. She's a beauty, isn't she? Did you see my mysterious curl?



SKINNY GRIMMY!

Pictures emerged last week of Nick Grimshaw interviewing his fellow *X Factor* judge Cheryl back in 2003, looking – how can I put this politely? – slightly bigger than he is today.

Thing is, you should never take yourself too seriously and it's healthy to poke fun at how you used to look. I've had my fair share of image disasters! I've had bleached blonde hair and was once 3st heavier than I am now. But I put pictures up from that era because I think it's good to laugh at yourself. I hope Nick doesn't take the old photos too seriously. He was Nick Grimshaw... now he's Nick Slim-jaw!



TUNISIA TERROR

I'm still reeling from the devastating news about the beach attacks in Tunisia on June 26. When you start thinking that you can't even be safe at the beach, something's terribly wrong with the world. We were always worried in Australia about going on the beach because of sea snakes and sharks, but we never imagined something like this would ever be possible. This situation is becoming beyond ridiculous now. I don't know where it's going to head, but sadly I don't see it stopping any time soon.

I observed the minute's silence for all those who died in the attack or are still missing. It's great that as a nation we showed our sympathy and respect, and although this is important, it's not going to bring those people back. Something really needs to be done.



TOXIC POP

MY VIEW ON THE NEWS

Health experts claim fizzy, sugary drinks cause 180,000 deaths a year worldwide, saying they increase our risk of heart disease, diabetes and cancer. This is interesting because I think if you choose to drink this stuff, it's partly your responsibility. There are fast food places everywhere and while you could say burgers are responsible for heart attacks, if you choose to eat it and you know it's bad for you then you have to understand there could be problems. It's the same with fizzy drinks. I let Bista and Junior have a fizzy drink on a Saturday as they're safe in moderation, but it's water during the week. I'm strict on them brushing their teeth, too!

Bottom line is, moderation in these things is OK but parents and schools have a responsibility!



Alex's LA makeover!

After being spotted with a fuller pout and red face, **new!** investigates the WAG's new US look...

SHE'S JUST RELOCATED OVER 5,000 MILES from Liverpool to Los Angeles – and it looks like Alex Gerrard is determined to fit in with the California crowd. So determined, in fact, that experts reckon she's given herself a bit of an LA makeover.

Last week, the 32-year-old mum of three was spotted sporting fuller lips and a suspiciously red complexion while wandering around her new neighbourhood, leading one expert to tell us she's had a bit of a Hollywood-style tweak.

new! spoke to Anne Marie Gillett, non-surgical director from Transform Cosmetic Surgery Group, who said that Alex does indeed look like she's had work done.

"Looking at the images of Alex Gerrard, it does appear as though she has recently been indulging in some type of lip enhancement treatment," she said. "Her lips look very swollen and a lot fuller than before, especially her bottom lip. If she has had some treatment, this should subside over the next week or so."

Anne Marie also believes Alex may have had a chemical peel, adding, "Her skin looks rather flushed – this may be down to a non-surgical treatment such as a chemical peel or microdermabrasion. With both the treatments, patients will experience some redness afterwards."

The couple landed in LA at the end of June to start their stint in the US

"Depending on if she has had a peel and, if so, what strength, will determine how long the redness will last. With a microdermabrasion, redness will last a couple of days before she'll start to see fresh, glowing skin."

Alex, her hubby Steven, 35, and their

NOW

Alex's face appeared flushed last Monday

The WAG stepped out in LA with noticeably fuller lips last Wednesday

THEN

Alex looked different in 2013

three daughters, Lilly-Ella, 11, Lexie, nine, and Lourdes, three, moved stateside at the end of last month as Steven begins an 18-month stint with football team LA Galaxy.

Before their move, Alex told of how she was feeling about leaving the UK. "Obviously, we will miss Liverpool

because it's our home, but it's a big adventure for us," she said.

And in 2010, she admitted that she wouldn't rule out having Botox and fillers, saying, "I might when I'm older, if I start to feel unhappy with myself."

She has previously admitted to regretting having a boob job and has had 3D lipo to keep her body trim.

Let's hope she doesn't go changing too much!

OLIVIA FOSTER

Bennifer take advice from Gwyn & Chris

Pals say the couple want to remain friends for the sake of their children

JENNIFER GARNER AND BEN AFFLECK ARE KEEN TO KEEP THEIR DIVORCE as amicable as possible for the sake of their young children, just like Ben's ex Gwyneth Paltrow and Chris Martin did during their break-up, **new!** can reveal.

According to our sources, the couple – who, like Gwyn and Chris, announced they are to split after notching up ten years of marriage – intend to limit the impact on their children, Violet, nine, Seraphina, six, and Samuel, three.

“Ben and Jennifer want to go down the Gwyneth and Chris route and will remain friends for the sake of their children,” our source said. “Ben has stayed friends with Gwyn since their break-up in 2000 and talked to her during her separation. He saw how things could work for the kids and he really admires the way she and Chris handled it. He sees them as role models in this way. Jennifer agrees. Although she is very sad that things just couldn't work, she feels Chris and Gwyn are proof that the kids will be OK.”

Our insider added, “Ben and Jen don't want to fight in front of their children. They will still do things as a family and Ben will always be nearby. He may even sleep in the guest house



The pair looked frosty when snapped out in LA last month



some nights so he can wake up and have breakfast with the kids.”

For many it came as no surprise that “Bennifer” – who are thought to have attended couples therapy for years – are parting ways. The pair have barely been seen together recently and, when they were pictured in LA on June 10, they appeared tense. Ben, 42, even missed US Mother's Day to go on a trip with his brother Casey and spent Jen's

43rd birthday in April in Canada, where he was seen without his wedding ring.

But it's believed they chose to wait until after their tenth wedding anniversary, on June 29, to announce the news, as under California law that will give Jen greater entitlement to their finances.

The former couple's troubles have been well documented over the years, with rumours of Ben's boozing and gambling causing particular tension. He has previously admitted to being “obsessive” about gambling and checked into rehab in 2001 for alcoholism.

Even his previous partners have alluded to how difficult it was to be with him. Gwyneth,

who he dated for three years, said, “Ben makes life tough for himself. He's got a lot of complications.”

And Jennifer Lopez admitted he left her heartbroken when he called off their engagement in 2004 – although the pair are thought to be back in contact now, which allegedly added to the stress of his marriage.

Last week, a pal said, “Everyone's talking about J.Lo and Ben and saying it's inevitable they'll get back together at some point.”

We think J.Lo's on-off boyfriend Casper Smart may just have something to say about that!

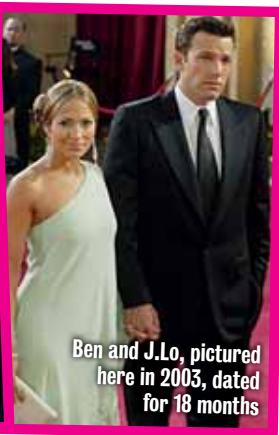
OLIVIA FOSTER



The pair have three children together, Violet, Seraphina and Samuel



Ben and Gwyn, pictured here in 1998, were together for three years



Ben and J.Lo, pictured here in 2003, dated for 18 months



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Helen shared this snap of her new baby girl on Instagram last Tuesday



Scott posted this cute family photo



The star cuddled her daughter in this selfie



Helen described Scott and Matilda as her "world"

STORY of the WEEK

Helen: 'Matilda is a dream come true'

The actress is "having a lovely time" as she settles into her role as mum to her new daughter

HELEN FLANAGAN'S DREAMS CAME TRUE LAST WEEK when she gave birth to her and Scott Sinclair's first child, Matilda Jessica.

A pal told **new!** that Helen – who was around a fortnight past her due date and had to be induced – was enjoying settling into her role as a first-time mum and was back at home in Birmingham recovering.

"She's really good and really happy. She's having a lovely time," they told us.

Another source added, "It is very exciting for them and both of their families."

Helen, 24, and her footballer boyfriend welcomed their little girl on June 29 and announced the news on social media the following day. Captioning an Instagram pic of her and her tiny tot in hospital, the former *Corrie* actress wrote, "My everything."

Meanwhile, Aston Villa star Scott, 26,

posted a heartwarming image of the three cuddling up for a family photo, captioned, "Best day of my life welcome to the world Matilda Jessica Sinclair." "Aww.

Clearly besotted, Helen went on to post a series of snaps of Matilda's first few days and shared extra details of her birth. In one picture, a topless Scott was seen having some one-to-one time with his daughter, alongside the caption, "The man I love and our world." In another photo, Helen told her fans, "Scott is such an amazing daddy already."

Matilda seems to be following in her mummy's footsteps with her love of the camera – in another adorable shot, their

"beautiful little girl" posed in a Babygro sporting the message, "Apple of my Mummy's eye."

A fresh-faced Helen later posted a selfie with her princess, adding, "Our Matilda Jessica born on Monday the 29th of June 2015 at 8:04am weighing 7lbs 6oz at Good Hope Hospital. #sheismydream #dreamcometrue #mydreambaby."



"Beautiful little girl" Matilda

She later told her Twitter followers, "Can not stop staring at or kissing my beautiful baby girl."

Helen and Scott decided to keep the sex of their firstborn a secret until the birth, with Helen opting for a neutral yellow theme for her baby shower in May.

But after she said she was "convinced" she was having a boy back in January, the blue-eyed beauty would have no doubt been delighted – and surprised – to welcome little Matilda.

A friend of the couple revealed how Helen hoped to go into labour naturally, but because she was overdue "doctors decided it was best to induce".

What a beautiful family!

ZARA ZUBEIDI

I'm on the 4:3 relationship diet!

Jennifer Metcalfe opens up to **new!** about life with former *Geordie Shore* star Greg Lake and feeling happy with her body...

INTERVIEW Benji Potter

When **new!** meets up with Jennifer Metcalfe for a natter at the Covent Garden Hotel in London, the bubbly 31 year old can't stop gossiping about the romantic trip to Spain she's just enjoyed with her boyfriend, former *Geordie Shore* star Greg Lake. And, two and a half years into their relationship, she tells us she's "happier than ever"! Aww.

But things haven't always been so rosy in the romance department for the *Hollyoaks* star. In fact, Jen's endured more than her fair share of drama both on and off screen.

In 2011, she took part in *Dancing On Ice* where she was paired with professional skater Sylvain Longchambon, 34, and it wasn't long before the couple fell for each other. They dated for two years, but things turned sour when the Frenchman was partnered with *Coronation Street* star Samia Ghadie, 32, for the 2013 series – and rumours of a romantic relationship began to swirl before the show had even started. Sylvain eventually broke things off with Jennifer on Christmas Day 2012 and later announced his relationship with Samia.

But now Jennifer is enjoying life with her businessman boyfriend Greg and says it's the "four days on, three days off" mantra that keeps her relationship in the honeymoon period.

Here, the actress talks about finally feeling happy with her body, getting married and being proud of playing an on-screen bitch...

Hi Jennifer, you're glowing at the moment...

I've just been away to Spain with Greg and filled my boots for three days.



Jennifer and Greg have been dating for two and a half years

Over the years, which parts of your body have you struggled with?

I've always had a love/hate relationship with my bum, but Kim Kardashian and J.Lo have been bringing the booties in, so thanks to them I've started loving it. I always do lots of squats and lunges and I've been doing more recently, so it has been looking a bit rounder. I'm chuffed.

How are things going with Greg?

Things are going really well. He has a business in Newcastle and I'm based in Liverpool so we go between the two.

Would you consider living together?

For the minute the current arrangement works so well for us. Two and a half years on, it still feels like that six-month period. We always have four days on, three days off. Usually we'll have Friday, Saturday, Sunday and Monday together and then he goes for work.

Sounds a bit like a diet plan for relationships...

I think that's it, actually! It's the perfect balance, the 4:3 relationship diet.

Any sign of wedding bells?

I don't think about it too much. I just live for the moment. You may as well enjoy what it is right now. What we have is actually going really well for us.

Samia Ghadie recently announced she's having a baby with your ex, Sylvain. What are your thoughts on that?

She has her life, I have mine.

You've been in *Hollyoaks* for nine years. What would it take for you to move on to a new project?

I'm not sure. I had a four-month break from the soap last August and coming back to it was like starting a new job again. It was great!



Samia and Sylvain are expecting a baby

I really enjoyed the food out there. So this week is going to be a 4:3 diet week! Usually I do 5:2. I know that three days on the diet will have me back on track.

Would you say you're body confident?

Yep! I think as I've got older I've got more confident in my body. I suppose I'm finally happy with how I look.

Do you feel pressure to maintain a certain image?

I think there is pressure there, but it's to what extent you take it on. I think I feel a little bit of pressure in the way that I like to look good and feel good – but it is more about how I feel about myself, rather than other people's opinions.



Jen says as she's got older she's got more body confident

'I've started loving my bum, thanks to Kim K and J.Lo'



She showed off her curves in a bikini during a recent holiday



Your character Mercedes is a complete bitch. What's the reaction like on Twitter?

Really good, surprisingly. I think other people who play bitches on the show get hammered on social media but I just seem to get away with it. I'm quite proud actually that I've created the tart with a heart.

You're the new celeb ambassador for LighterLife Fast. Why did you decide to get involved with it?

The 5:2 approach to it works really well around my lifestyle.

I always kind of did it anyway.

I looked at all these different diets to maintain your weight, as I've always had to watch it because I can put on or lose it quite quickly. One of my friends is on this thing where she can hardly eat or drink anything for a month. She went out with her boyfriend for a lovely lunch but she couldn't eat anything. Stuff like that has never worked for me because I always have an event, or I'm nipping away for the weekend, or something with the girls.

Talking of which, we saw some great pics of you on Instagram on a girlie holiday recently. It looked really fun!

That was in Marbella in May on the best girls' holiday I've ever had! It was with some of the *Hollyoaks* girls – Stephanie Davis, who plays Sinead, Lucy Dixon, who used to play Tilly, and Mandip Gill, who played Phoebe. We had a ball! It was last-minute and we had a long weekend off, so we went on the typical Marbella trip!

Are you social media mad?

I would like to think it doesn't take over my life but I'm a sucker for it, especially when I have some downtime and fancy a nosey around. But I do take the LighterLife Fast approach to my social media too. When I'm doing the 600-calorie days I put my phone in my locker at work and don't look at it at all. You find that you engage more with people on set.

Jennifer uses LighterLife Fast to keep her weight in check. Visit LighterLifeFast.com for more information

What's new!

Your weekly celebrity news round-up



Kylie's looking fab at 47

Three years ago **Kylie Minogue** vowed to never bare her stomach again thanks to "gravity taking hold" – but these pictures prove the pint-sized pop star has nothing to worry about! Kylie, 47, looks positively glowing as she poses for Sloggi's new Ever New range, which is out in August, in a series of sexy shots taken in a chic penthouse. We love!

A royal christening!

The **Duke and Duchess of Cambridge** celebrated Princess Charlotte's christening over the weekend – with the Queen playing host to two dozen or so guests at her private residence in Norfolk.

The "informal" service – held at St Mary Magdalene Church – was attended by Kate's parents, Carole and Michael Middleton, siblings Pippa and James, Charlotte's godparents, Prince Charles, the Duchess of Cornwall and the family nanny, Maria Borrallo.

Little Prince George was there on his two-month-old sister's special day, too, but Uncle Prince Harry was forced to miss out while he's on a conservation mission in Africa.



Charlotte was christened at a cosy service this weekend

Prince George dotes on his little sister

JAC ADMITS: 'I SUFFERED POST-PREGNANCY HAIR LOSS'

Jacqueline Jossa has taken to Instagram to reveal she suffered post-partum hair loss after giving birth to baby Ella in February this year.

Posting a picture of herself looking relaxed at home, the 22 year old told her 750,000-plus followers, "For all the new baby mummy's that might be losing some hair after birth, I'm right here with you. I think it's starting to slowly grow back, so it's all good guys!! Embrace it, and let's enjoy being with our beautiful little cuties!!!"

Jacqueline – who got engaged to shamed ex-TOWIE star **Dan Osborne**, 24, last month – put her hair into a plait to show where it was slightly thinner than usual. She was then bombarded with supportive messages from her fans.

One said, "I lost hair but it soon grew back – enjoy



Jac urged other new mums to embrace the changes to their bodies

this time!!", while another added, "Yep, mine is coming out in handfuls!"

Jacqueline has since shared an adorable video of her daughter "talking" to herself. Bless!



She posted cute footage of baby Ella online



Michael embarrassed wife Catherine

Michael Douglas has addressed his 2013 comment where he claimed his throat cancer was caused by oral sex – admitting it humiliated his wife **Catherine Zeta Jones**.

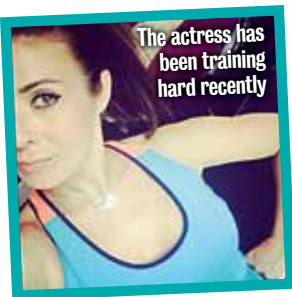
The 70 year old said, "I so regretted any embarrassment it caused Catherine... and her family. What I was trying to say was that there is a sexually transmitted virus called HPC. But there is a vaccination that they recommend to all kids before they become sexually active so they don't catch HPC."

Kym: 'I feel sexier than ever!'

Following her split from **Dan Hooper**, Kym Marsh has bounced back stronger than ever – by winning the coveted Rear Of The Year award.

The accolade comes after Kym, 39, began upping her workouts in the wake of the break-up. A source said, "She thinks it's lovely that people still consider her sexy. In fact, since she's been back at the gym, working out and getting her head around being single again, she's starting to feel sexier than ever."

The pal continued, "This award may open the doors to a new romance. She's quite content as she is, but never say never. After all, the Rear Of The Year winner will not be short of admirers!" Go, Kym!



The actress has been training hard recently



Kym was crowned Rear Of The Year last week

Sinitta blasts Nick

Well this is awkward. **Simon Cowell's** BFF and *X Factor* helper **Sinitta** has made her feelings about new judge **Nick Grimshaw**, 30, very clear. And er, they're not good.

Promoting **Sinitta.com** at the Heron Tower in London, the 51 year old said of this year's upcoming series, "I will be backstage helping to mentor the talent – I think Nick might need me! What does he know about performing



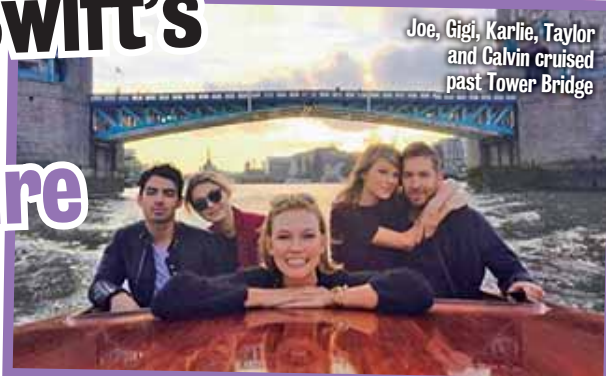
and singing?" Ouch! She went on to add, "Nick – he has great taste in music for the playlist, obviously, and good friends, but what happens when his artists want to know how to get through that performance? Or how you should interpret their words about this... or what song... All I can say is if it doesn't work out, I'm waiting in the wings!" Well, that told him...

Sinitta doesn't think new judge Nick (inset) is up to the job

Taylor Swift's Thames adventure

Is this the best celeb Instagram post yet? **Taylor Swift** shared a super-cute picture of herself, boyfriend **Calvin Harris**, **Gigi Hadid**, **Joe Jonas** and **Karlie Kloss** boating on the river Thames last week after her Hyde Park gig.

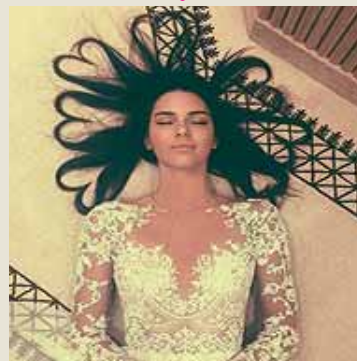
Taylor, 25, and her crew hired a Thames Limo, and she even took her parents along



Joe, Gigi, Karlie, Taylor and Calvin cruised past Tower Bridge

for the ride. In fact, the snap is thought to have been taken by her mum, Andrea, who was at the front of the boat with her dad, Scott.

Next time, can we hop on board too, Taylor?



Kendall Jenner, 19, has the most-liked post on Instagram, notching up a cool 2.7 million likes.

The picture, uploaded on May 25, shows her lying on a floor with her hair shaped into hearts.



Emma Willis has got another TV gig to add to her extensive CV. The 39-year-old presenter will now front a new ITV series, *The Miracle*, focusing on modern medical marvels.



Lord Sugar, 68, is in line to take over from **Donald Trump**, 69, on the US version of *The Apprentice*. Donald was sacked over comments he made about Mexican immigrants.

GOOD WEEK

Who's on the up and who's going down

BAD WEEK



Jude Law's alleged secret ex-girlfriend **Rachel Bourlier** found out she was dumped by the actor, 42, after reading about his new girlfriend, **Phillipa Coan**, in the papers. Tut tut!



Ashley Cole, 34, was reportedly punched in the face by **Playboy** bunny **Carla Howe**. Carla, whose twin sister **Melissa** dated the footballer in 2011, later said she did it because "he thinks he can treat women like dirt".



Victoria Beckham, 41, had a facepalm moment last week when she made a spelling mishap on Twitter. She wrote, "Harper has just added to Daddie's tattoo collection x happy Tuesday in the sunshine! X vb." Oops.



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Discover Starbucks chilled cup, a refreshing blend
of rich espresso and smooth creamy milk.

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www.starbucks.co.uk/discoveries

HOT OR NOT?



It looks like Caroline, 35, may have rekindled her romance with her ex Jack, despite his alleged cheating past. The pair were seen chatting intimately in a VIP area at Glastonbury and were said to be "all over each other" as they hung out backstage.

The couple split last December amid claims Jack, 26, had cheated on Caroline with *Glee* star Dianna Agron.

But despite last week's telling pictures, a spokesperson for Caz denied the romance is back on, saying, "Caroline is happily single at the moment." Hmm... Watch this space!

HOT?
Caroline Flack
& Jack Street



HOT?
Lewis Bloor & Elle Thompson

TOWIE star Lewis has been spotted with new lady Elle. The 24-year-old Essex heart-throb has been known as a bit of a ladies' man in the past, but Elle may have made him change his ways. She's even met his parents! Elle joined the Bloors on a family trip to watch Fleetwood Mac in concert, and the pair looked pretty smitten as they put on a PDA before the London gig. Could he have met The One?



Selena may have moved on from Justin Bieber, but she hasn't moved very far... The Disney star has been spotted cosying up to 18-year-old Australian pop star Cody, who happens to be one of Justin's best friends – awks!

The singer, 22, uploaded a picture of herself enjoying an ice cream with two pals and Cody in the background. She captioned the shot, "These days are always the best days." What will Justin say?!

HOT?
Selena Gomez & Cody Simpson



WORDS: Lisa Blake, Georgia Farquharson PHOTOS: Getty, Jason Bryant/LNP, MagicMomentsUK, MirrorPix, WireImage *The pictures of Orlando & Luisa and Selena & Cody are mock-ups

HOT?

Orlando Bloom
& Luisa Moraes

If you can hear the sound of hearts breaking all over the globe, it might have something to do with Orlando being off the market once again. Sob! The 38-year-old actor has been spotted with a few ladies since his split from wife Miranda Kerr – mother of his four-year-old son Flynn – back in October 2013, but last week the hunky actor looked smitten with Brazilian actress Luisa, 28. The pair were spotted kissing on a sushi date in Malibu. According to waiters, Orlando couldn't keep his hands off Luisa. Us, jealous?!



HOT
Louis Tomlinson
& Tamara Bell

1D star Louis has sparked romance rumours with model Tamara after the pair were snapped holding hands at Glastonbury. The pop star, 23, and brunette, who's modelled for Alexander McQueen and launched her own lingerie label, Almeida, looked like they were enjoying each other's company as they giggled in the VIP area.

It's believed Louis met Tamara through bandmate Harry Styles and 1D's stylist Lou Teasdale, who are both pals of Tamara's. Louis split from Eleanor Calder in March after four years together.

STORY of the WEEK

Ding!
Ding!

Iggy vs
Britney

ROUND ONE!

Britney, who's currently playing a hit residency in Las Vegas, took a pop at Iggy

Iggy riled many of the singer's fans with her Twitter comments

The former gal pals are now arch rivals, as Iggy blames Britney for their pop flop!

MOVE OVER TAYLOR SWIFT AND KATY PERRY – there's a new feud bubbling in planet pop and this time it's between Britney Spears and Iggy Azalea. The girls appeared to clash after Iggy blamed Britney for the failure of their collaboration, *Pretty Girls*.

During a Twitter chat with her fans, Iggy defended the song, which reached only No.29 in the Billboard charts when it was released in May. She said, "It's difficult to send a song up the charts without additional promo and tv performances etc. unfortunately im just featured... i would have enjoyed performing it alot, i think it got off to a powerful start. but you need content to compete in 2015." Eek!

But while Iggy may have a point, despite the two performing the song at the Billboard Awards in May, her comments sparked fury among Britney's fans.

One wrote, "Bitch please. Britney doesn't really promote her sh*t and they still become successful. people just hate u." Another added, "Don't tell me that you are blaming Britney? Wtf, she is making hits only."

Iggy then poured more fuel onto the fire by adding, "My comment is factual, it applies to any song. I dont have to suck the womans asshole 24/7 to be her friend, do i? bye girls."

And it seems Britney was also offended by her comments. She retaliated by making a sly dig at the rapper's cancelled *Great Escape* tour, which Iggy said she had a "change of heart" on.

Britney, who currently has a residency in Vegas, tweeted "Can't wait to get back to Vegas. So thankful I have shows for the rest of the year to look forward to... #YouWantAPieceOfMe."

The tweet sparked a backtrack from Iggy who



The stars' single *Pretty Girls* failed to set the charts alight

days later said on Twitter, "I was honestly impressed by how gracious she is; especially when shes a much bigger artist than me... i even made us matching pretty girls necklaces. see... lol thats how much we fight."

She then reassured fans by adding, "No one on her team has any issue. they already all know my feelings about promo, it wasnt some left of field thing i said."

Hmm, we make that Britney 1, Iggy nil...

JULIA BROOKS

WHICH POP PRINCESS REIGNS SUPREME?

BRITNEY SPEARS

Age: 33

Years in business: 16

Albums sold: Over 100 million worldwide

Famous friends: Madonna, Katy Perry, Rihanna

Career highlight: Named the highest earning female pop star in 2012

Career low: *US X Factor*

Twitter followers: 42.3m

Brit's mates with Katy

IGGY AZALEA

Age: 25

Years in business: 4

Albums sold: Over 500,000 in the US

Famous friends: Rita Ora, Charli XCX

Career highlight: *Fancy* was the fifth highest selling single of 2014 in the US

Career low: *Falling out*

with Britney Spears

Twitter followers: 5.3m



Iggy and pal Rita

Kate & Jamie hit back at split rumours!

The pair stand united after it's claimed Jamie was flirting with a blonde pal...

KATE MOSS IS NO STRANGER TO A HEADLINE OR TWO –

but we can't imagine the model was too pleased about claims her hubby Jamie Hince was spotted flirting up a storm with their close pal Lady Mary Charteris.

According to reports, the Kills guitarist was spotted with "a mystery blonde" at last week's Glastonbury festival, while Kate was nowhere to be seen.

But we can reveal the blonde is actually Lady Mary – and Kate has accused her of flirting with Jamie in the past. Eek!

In 2013, it was claimed that Kate and Lady Mary, who is married to rocker Robbie Furze, had a "spat" over their men.

At the time, a source said Kate was also worried about being "upstaged" by the fashionista.

It was reported, "Each has accused the other of flirting with their husbands, and the tension between the two is reaching boiling point."

But the pals kissed and made up and the foursome enjoyed a trip to Scotland in January this year. While the model's spokesperson wouldn't comment on the reports of flirting at Glastonbury, a source close to Kate and



Jamie hung out with Lady Mary and her hubby Robbie at Glastonbury last week

Jamie have told **new!** the couple are very much together and are not "heading for a breakdown".

"As far as they're concerned there's no truth in the rumours," the insider continued. "Jamie wouldn't be so brazen as to go out with two girls at Glastonbury."

The couple, who celebrated their fourth wedding anniversary on July 1, have been rocked by rumours of an impending split for a while.

It has been claimed Kate and Jamie "have barely seen each other" in recent weeks and "don't seem to be making time for each other", which led to whispers her infamous easyJet rant was fuelled by marital problems. But we can reveal the pair enjoyed a loved-up holiday in Rome last month, where they looked happier than ever. It appears there's hope for the beautiful pair after all!

ZARA ZUBEIDI



Kate and Jamie on holiday in Rome last month



Kate was papped at the Eurostar station in London days before Jamie was seen at Glastonbury

Kids love making things
in the kitchen.
Especially a mess.



The kitchen should be somewhere that kids can learn about food, express themselves and of course, make a bit of a mess. That's why Persil Washing Up Liquid is giving away free baking items.

Simply collect 'Cook With the Kids' points with every bottle to start claiming whisks, aprons, cupcake cases and more. It's everything you need to inspire them.

Start collecting now at cookwiththekids.co.uk

Here's a 20 point code to get you started: PMCWPKFXAYWH

The TOWIE boys aren't violent

Danielle Armstrong dismisses claims the show sends out a bad message about relationships...

When it comes to relationship dramas, this has been one of the most explosive series of *TOWIE* so far. We've seen numerous heated spats between Georgia Kousoulou and Tommy Mallet, and Chloe Lewis and Jake Hall, while Danielle Armstrong and James Lock have ended their two-year relationship because, as she said on the show, he's a "nightmare" due to his "temper and anger".

Recently, **new!** delved into the "dark side of *TOWIE*" and spoke to those who believe the show is promoting domestic abuse. But when we meet up with Danielle, 27, at the Everyday Heroes Awards charity event in London, she insists to **new!** that the relationships on *TOWIE* aren't "violent" and that the girls aren't "in tears over being scared of their boyfriends".

Looking gorgeous in a white floor-length gown, she also says she doesn't think Gemma Collins' decision to ditch her alter ego, GC, will last long...

***TOWIE* has been criticised for showing "scary" relationships...**

To me, it's not like the boys are being violent, or it's like domestic violence or anything like that. God, look at *Geordie Shore* and



INTERVIEW Benji Potter

The Valleys. I've seen people have near fights on them and nobody's picked up on that before. With relationships, I think *TOWIE* has shown the arguments in a little more depth. But I wouldn't say it's really violent and all the girls are in tears over being scared of their boyfriends. The girls have just had a bit too much with the boys – the boys have been hard work this series.

What's the latest with you and James? Will you get back together?

I can't talk about it, sorry.

Gemma's returned to *TOWIE* but she's no longer GC, just Gemma. What's that about?

I think she felt she was in a place where she wanted a bit of time out. She's quite fiery and what you see is what you get. I think she should always be GC and people love her for being GC. I think it'll last three minutes. We all have a bet on.

Summer's in full swing. Are you feeling body conscious in your bikini?

Yeah, I think every girl does. Every girl is going to get a little bit like that.

'I'm glad I'm not in a relationship on TOWIE'

Ferne McCann is happy not to be caught up in the dramas that come with having a boyfriend on *TOWIE*...

Over the years we've witnessed Ferne McCann's relationship highs and lows on screen – who can forget the numerous break-ups and reunions with her ex Charlie Sims? But during a quick gossip, the star, 24, tells **new!** she's enjoying being single – and she's been flirty texting...

What did you make of the reaction towards the fiery Marbella episode?

TOWIE is a living reality soap. It follows real

people and their dramas, and that's endearing. It's relatable. If you're in a relationship on the show, you're going to have highs and lows. But there's always someone out there who's been through, or who's going through, your situation. It's tough. I'm glad I don't have a relationship on the show any more. But it's worth it – I feel you're giving something back by saying to everyone, "You're not the only one in this situation, we have this sh*t as well."

What's going on in your love life?

I've been single since splitting with Charlie, so for five months. I'm

happy, I'm enjoying it. I speak to a few guys.

Are you flirty texting or dating the guys?

Flirty texting! I haven't got time to date. But if someone asked me out and I liked them, I probably would.

Are you feeling pressure to look good in your bikini this summer?

I feel like I have added pressure being in the public eye. But I'm very comfortable in my body and I think I'm a true representation of a normal woman. I'm bordering on a size 12. I've put on a bit of weight and I'm happy with that.



Danielle and Ferne are supporting the St John Ambulance Everyday Heroes Awards, supported by Physio-Control. For more information or to learn some lifesaving skills, go to Sja.org.uk

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GNC, health stores & perfectil.com

Stockists may vary. Perfectil® Plus Hair is only available in Boots. 1. Includes biotin which contributes to the maintenance of normal skin. 2. Includes zinc which contributes to the maintenance of normal hair. 3. Includes selenium which contributes to the maintenance of normal nails.

*Nielsen GB ScanTrack Total Coverage 52 w/e 31 Jan 2015.

new!



STYLE

This week's hottest fashion and beauty buys

*Snap
it up!*



SLOGAN BAGS

ZATCHELS

TOTE £125,

CROSS-BODY £45

Let your bag do the talking with one of these must-haves from British accessories brand Zatchels. Choose from a great daytime tote, or a cross-body style, perfect for going "out, out, out"!

13
more pages
inside

new! LIKES YOUR *style!*

We take a look at
who's wearing it
well this week



Una Foden ♥

MAGIC MIKE XXL PREMIERE

LONDON, JUNE 30

White is not an easy colour to wear but Una, 33, who gave birth to her second child, son Tadhg, in February looks sensational in this figure-hugging AX Paris number, which is only £30! We just love it when celebs keep it real.

*Get the
look*



**Shoes
£50**

River Island



♥
Ellie Goulding

MARRIOTT INTERNATIONAL AND UNIVERSAL MUSIC GROUP COLLABORATION

LONDON, JUNE 30

The singer, 28, makes the most of the hot weather, donning a pretty, summery mini dress that looks fab with her tanned pins and sunkissed locks.



**NSPCC
NEO-ROMANTIC
ART GALA**

LONDON, JUNE 30

Wow! Liz, 50, turns girls the world over green with envy as she showcases her curves in a gorgeous coral floor-sweeper by Versace. Her gold sandals are simply gorgeous too.

Elizabeth Hurley



**MINIONS
PREMIERE**

LA, JUNE 27

Sandra, 50, bigs up her new movie with some fab Minions-inspired shoes, custom made by Rupert Sanderson, and a colour-coordinated Roksan dress. It's the perfect blend of chic and quirky.



Sandra Bullock



MAGIC MIKE XXL PREMIERE

LONDON, JUNE 30

Mrs Johnny Depp, 29, makes sure all eyes are on her in this layered Emilio Pucci dress at the premiere of her new film. The bold red screams "look at me" and if we had a figure like hers, we'd be shouting about it too!



Jennifer Lawrence

OUT AND ABOUT

NEW YORK, JUNE 28

The actress, 24, shows off her svelte frame in a black pencil skirt and crop top – and ups the sultry factor with a pair of Jimmy Choo sandals.

Amber Heard

POWER

Add bold patterns for an



CHANEL SS15



Little Black Dress
£150

Honeyz
£20



Oasis £38



Mango £26.99

Mango £44.99



Diva at Miss Selfridge
£16.50



BOLD FLORALS

Florals have had a makeover this summer – the bolder the better. Embrace the bloom in head-to-toe print or team with indigo denim to keep the look on trend.



New Look £19.99



SIMONE ROCHA SS15



MARNI SS15



Darling £95



Pretty Little Thing £12



M&S £49.50

Quiz Clothing
£17



Mango £53.99



River Island
£35



Topshop
£42

PRINTS

instant wardrobe update

new!  STYLE



Pretty Dress Company **£135**



New Look **17.99**



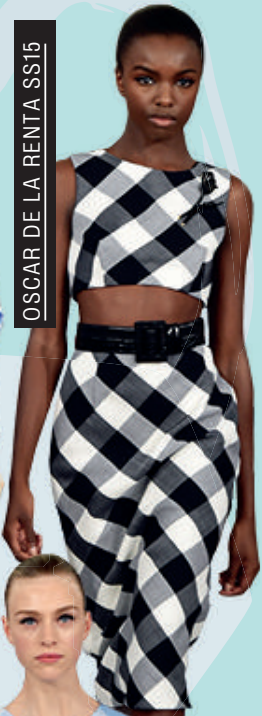
New Look **£11.99**



Zara **£17**



DIANE VON FURSTENBERG **SS15**



OSCAR DE LA RENTA **SS15**



Miss Selfridge **£20**



Girls On Film at Little Mistress **£27**



Sister Jane at Topshop **£59**



Hallhuber **£69**

GINGHAM

Forget about your old school dress – gingham just got cool! Introduce pastel colours and play around with different size prints to work the trend.



Miss Selfridge **£25**



Motel **£39**



Miss Selfridge **£4.50**

Mango **£22**



Mango **£26.99**



Pretty Dress Company **£125**



Oasis **£40**



asos **£25**



OSCAR DE LA RENTA **SS15**



DOLCE & GABBANA SS15



Mango
£34.99



Blue Inc
£12.99



Hallhuber
£59



Floozie by Frost
French at
Debenhams £20



Mango
£22.49

POLKA DOTS

Be sure to go XXL with your spots this summer – big dots are in! Choose 50s silhouettes and classic shirts for a retro feel.



MOSCHINO SS15



Mint Velvet
£69



Oliver Bonas
£59.50



Bershka
£19.99



Johnny Loves Rosie
£28



DOLCE & GABBANA SS15



Dorothy Perkins
£3



Floozie
by Frost French
at Debenhams
£29.50

Hallhuber
£79

Adidas at
Foot Asylum
£69.99



Michael Kors
at The Outnet £78



Coast £95

Glamorous
£20



Next £32



EMILIO PUCCI SS15



Missguided
£25



New Look
£19.99



Over
My Body
£29



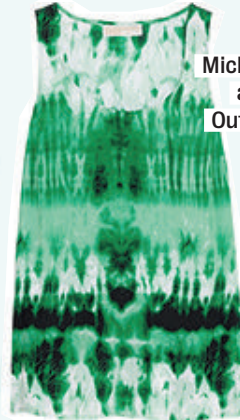
Over
My Body
£35



TIE-DYE

It's time to unleash your inner hippy. Whether you go for in-your-face colours or a subtle dip dye, this print will revamp your holiday or festival wardrobe.

Michael Kors
at the
Outnet £62



Motel
£35



Very
£35



Glamorous
£26



VIKTOR & ROLF SS15



EMILIO PUCCI SS15

Topshop
£20



Michael Kors
at the
Outnet £52



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One top 4 WAYS

Here's how to style up a sequinned cami for every evening occasion!

DATE NIGHT



Jacket
New Look
£22.99



Skirt Mango
£34.99



Shoes H&M
£19.99



Clutch bag
Very.co.uk £24



Rings
River Island
£6 (pack of 3)

COCKTAILS



Culottes
River Island
£32



Heels
New Look £19.99

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Bracelet Tory Burch
for Fitbit £160



The Top
Boohoo £20

CINEMA



Jacket
M&S £199

Jeans Miss
Selfridge £38



Bag
Accessorize
£29



Sandals
asos £30

CLUBBING



Skirt
Topshop
£28



Bag Zara
£29.99



Necklace
Miss Selfridge
£8.50



Heels
Topshop
£46

When baring your shoulders on top, go for a longer length skirt for contrast



Acting fashion editor Sarah Loving's top 5 style buys of the week

HOT LIST



1

Marks & Spencer has pulled out all the stops with this raw-hemmed denim jacket, **£45**.



2

Wear this cool collarless shirt-dress with trousers for a fierce, modern look. Or go bare-legged with gladiator heels and an oversized clutch. However you wear it, people will want to know where it's from, and **Closet** will be your answer.

Dress **£52**



Clutch Uterqüe **£79.90**

3

4

Leather block heels with snakeskin and metal detailing – what's not to love?! From **Office's** Premium collection, **£90**.



5

This 70s smock-dress, **£45**, part of **Topshop's** new Archive collection, will look great at those summer evening garden parties.



Jet, set and go!

Pack these
key pieces
to create
the ultimate
holiday
wardrobe...

- 1 Hat River Island £25
- 2 Sunglasses Zara £17.99
- 3 Bag New Look £17.99
- 4 Heels Oasis £45
- 5 Swimsuit Topshop £36
- 6 Clutch Folli Follie £235
- 7 Jacket Dorothy Perkins £35
- 8 Necklace Topshop £18.50
- 9 Shorts Topshop £36
- 10 Sandals Monsoon £39

Love it? *Get it!*

Add some
celebrity style to
your wardrobe

DRESS & PENDANT

LAURA WHITMORE

The presenter looks glam at Glasto in a suede-effect mini dress, **£35** from **Motel**, accessorising with a gold pendant, **£135** from **Chlobo**.



JACKET

KATE MOSS

Mossy tops off her all-black ensemble with a military jacket, **£38** from **Topshop**, for a classic laid-back look.

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JACKET

TAYLOR SWIFT

The singer hits the stage in a mermaid-inspired sequined bomber jacket, **£100** from **Jaded London**.



*T&Cs: Cannot be used in conjunction with any other offer(s) or promotion and not on sale items. Offer valid from July 7 until midnight July 14. Full website terms apply, visit Regalrose.co.uk.

new!  STYLE

FASH TALK WITH *Myleene Klass*

Swimsuit
£40

Myleene talks to **new!** about her latest swimwear collection with Littlewoods – and says her beach style is loud and proud!

MYLEENE KLASS
SWIMWEAR
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Q What's your favourite piece from the collection?

A That's like choosing between your children! All the swimwear is different. There's a really fun, neon-pink leopard bikini, a leather-look bikini and a white one – where would I be without my white bikini? I do one of them every season because people ask me to.



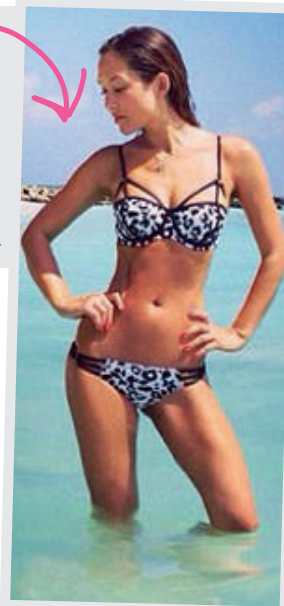
Q How would you describe your beach style?

A Fun, glam and unapologetic. There's nothing worse than walking out onto a beach and not feeling confident. I make sure my swimwear is loud and proud.



Q Do you keep different body shapes in mind when designing the collection?

A Always. It's the most naked you'll be in public, so you want to know you have support.



Q You're papped a lot on your holidays. Do you feel a pressure to always look your best?

A I am who I am and there's no changing that. On holiday, I just like to enjoy myself.



Q Do you have a summer wardrobe staple?

A I love little summer tea dresses.



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Summer loving

Celebrate the warm weather with a new fragrance

Clockwise from top left: Roberto Cavalli Paradiso Eau de Parfum £50; Davidoff Cool Water Woman Summer Seas Eau de Toilette £34.50; Calvin Klein Eternity Summer Eau de Parfum £41; Thomas Sabo Charm Rose Beach Eau de Toilette £29.95; Givenchy Jardin Précieux Eau de Toilette £39; Elie Saab Le Parfum Resort Collection Eau de Toilette £47; Chloé My Little L'Eau de Chloé Eau de Toilette £30; Calvin Klein CK One Summer Eau de Toilette £35.50



Kristin Scott Thomas

"For the premiere of *Suite Française*, we visited her house beforehand and used my Colour Revive Tinted Mousse in Dark Brown, £9.99, to boost her colour and restore richness and shine for a salon quality finish. We then scrunched wax through her mid-lengths with fingertips to tease into position and manage any unwanted flyaway hairs. She is so chic with her Parisian crop. It doesn't have to be all about the long red carpet waves!"



Kara Tointon

"Kara loves big hair so we worked on adding volume to her style. Her incredible collar bones need to be shown off, so we decided to draw her hair up into a faux bob. We left the front of the hair soft and tumbling with lots of volume and used lashings of my Volume & Bounce Body Booster Mousse, £5.99, through damp hair and blow-dried smooth. We used a curling wand to wave the hair and add texture then sectioned off the top layer of hair and pinned a U-shaped section from underneath."



EXCLUSIVE

CELEBRITY HAIR SECRETS!



Legendary hairdresser Charles Worthington reveals what he uses to style his A-list clients on the red carpet

Alice Eve

"Alice has very striking features, so usually we pull her hair off her face to accentuate this. To copy her look, take large sections of hair and curl with a GHD Curve, £110, turning hair in different directions and spraying a generous amount of hairspray for texture and movement. Brush out curls with a soft bristle brush and pull hair into a ponytail at the crown, then wrap into a chignon before pinning into place."



Sai Bennett

"The Mr Selfridge star loves a retro Hollywood glamour look. We like to create a deep side parting when we style her hair for big events. That keeps the look fresh while keeping the vintage vibe with glossy waves from root to tip. I use a natural bristle Mason Pearson brush, £69, to smooth the finished look."



Samantha Barks

"Samantha is a regular and always comes into my salon for treatments and to update her extensions. I use an ultra-fine strong hold hairspray like L'Oréal Elnett Satin, £6.70, which can be spritzed lightly over the hair to give hold without weighing the style down. I always reapply moments before she steps out in front of the paparazzi."



Felicity Jones

"Felicity has been a client at my salons for some time. The last time she came in, we gave her a versatile cut that she could wear several ways for the awards season. Her long, sweeping fringe can be parted down the centre or swept to the side for a more sultry look. We always use my Instant Root Concealer in Dark Brown, £9.99, to hide any re-growth."



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Mel B's not losing sleep about The X Factor!

Mel C opens up to **new!** about her former bandmates and shares her secret to bikini-body confidence...

INTERVIEW Georgia Farquharson

The Spice Girls were the embodiment of girl power, so we're hardly surprised when we bump into Melanie Chisholm at the Midsummer Night Party in London – an event staged by the charity Future Dreams to raise funds for women with breast cancer.

Mel C, who's clutching her black stilettos thanks to sore feet, radiates self-confidence and tells us she needs to find a quiet spot for our chat to stop herself straining her voice ahead of a secret performance at the weekend.

We soon find the perfect place outside on the balcony. And, with the sun setting over London, the 41 year old chats away happily. She seems totally at ease with life right now – and admits she loves feeling that there isn't any pressure on her.

With long-term pal Kate Thornton by her side, the mum-of-one tells **new!** her thoughts on *The X Factor*, what her former bandmate Geri Halliwell is like as a married woman and why life's too short to worry about what you look like in a bikini...

Hi Mel! You couldn't go to Geri's wedding because of a prior engagement. Were you sad?

Yes, I was gutted – it was a really good do. I was at Melanie's first wedding – which we won't talk about – and Victoria's wedding. This was the next big Spice wedding and I missed it! **Did you celebrate together at the Isle Of Wight Festival instead?** Yes, we celebrated life together!



Geri married Christian in May

Mel B on the *X Factor* judging panel last year



Ex-Spice Girls Mel, Geri and Emma Bunton at the Isle Of Wight Festival

Has Geri changed now she's married to Christian Horner?

The thing that is so wonderful about Geri is she's super happy and she's just met a wonderful man.

Speaking of the other girls, how do you think Mel B felt about being booted off the *X Factor* panel?

Mel was the best thing that has happened to *The X Factor* for years! She is so busy, she has so many opportunities and she has a wonderful family. She has to juggle like no one else I know. I don't think she's having sleepless nights over it.

What do you think of the new judging line-up?

I can't believe Rita Ora is only 24! She's great because she's different, she's not frightened.

What are you doing music-wise at the moment?

I'm writing and just taking my time. I don't have pressures from anyone – I'm an independent artist. When I've got a great album together then I'll release it under my own steam.

Have you got a release date? No, not at all. I'm at the age where I don't expect to be in the charts. **Obviously you're renowned as Sporty Spice – do you feel bikini-body ready for summer?** When does any woman ever feel bikini-body ready? Everybody is



new!'s Georgia and Zara (left and right) with Mel and Kate at the Midsummer Night Party

too bothered worrying about themselves. Don't give a f**k about what you look like – don't waste time worrying, enjoy yourself!

But do you work out?

I'm Sporty Spice!

How did you become a Future Dreams ambassador?

I know the women who set up the charity. They want to build a Future Dreams haven in north London, to support women with the illness.

Visit Futuredreams.org.uk

EVERY WEEK!

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Lauren

Our columnist tells us about her romantic night out with Jake and shares her views on *that* Katie Price tweet...



LEAVE US ALONE!

I did my first shoot and interview with Jake last week and it made me laugh that people picked up on me saying I didn't like it when couples flood social media with pictures of themselves. Nothing was said about me being happy, of course! I didn't say people can't post pictures of their partner, or that I never would. Of course I'll upload pictures of me and Jake from time to time! What I meant is, I didn't feel the need to prove anything to anyone. People can post what they like on social media and it's nice if couples who are in love post lovely things – each to their own!



KEEP ROLLIN'

I was papped the other day in my rollers and without any make-up on. Typical! I'd just had my hair blow-dried and was getting something to wear for my night out with Jake. If I want my hair to last, I have to keep it in rollers and I had loads to do that day. I just thought, "F**k it, I'll just have to run around Essex looking like a nutcase!"

Marnie's a good match

Apparently, Ricky Rayment and Marnie Simpson are engaged. Some people will say it's too soon, but it's up to them. Ricky was in a long-term relationship before that but it didn't work out, so good luck to them. He's probably found his match in Marnie – they seem to love partying together!

Just because they're engaged doesn't mean they have to get married straight away, though. It's probably to show a bit of commitment. Ricky had a tattoo of her initials, like I did with Jake's name, so maybe we could follow in their footsteps? That said, I've been with Jake for three years and I'm happy to give it a bit of time first.



Lauren's week in numbers



A PERFECT WEEKEND

Jake and I went to Buddha Bar in Knightsbridge last week for dinner and drinks with another couple. It was really cool, but on the way home we got lost and didn't get to bed until 3am! I was knackered.

On Sunday we watched the movie *Father Of The Bride* – I couldn't believe Jake hadn't seen it as it's one of my childhood faves! It was so funny because George Banks, the dad, is really protective of his daughter and in the scene where the boyfriend touches her leg, Jake laughed and said he'd have to do something about it if he was in the same position. I can tell he's going to be very protective if we ever have a daughter!

Speaking of kids, Chloe Sims offered me some relationship advice last week – she said I should wait until my thirties and until Jake is committed to start trying for a baby because if the man ever leaves, you're on your own looking after a child.

I'm friends with Chloe – she doesn't mean anything bad by it, she's just giving me advice like a big sister would. Sadly lots of people do break up, it's just part of life.

I don't think age matters too much when you have a baby, there's lots more important factors. But I'm older than my sisters were when they had kids. They have the most beautiful babies and they have loads of energy because they had them young. I don't think there's a "right" time to have kids, really.

TWEET TRAUMA

People are entitled to tweet what they like, but I'm not surprised my mate Katie Price got some stick for tweeting about Joe Hart on his wedding day. She's the type of person who doesn't really care what other people think – she's strong like that.

I'm not too sure what she wanted to get out of that tweet. She's very happy with Kieran and has a beautiful family, so I don't think she'll let it bother her. Maybe she just thought his wife should know if they once got together? Personally, I've never heard about them ever having a thing.



Barbecues attended 3

Perfumes bought 7

Training sessions 4

'Our love triumphed over terrorist's evil'

After surviving last month's horrific terror attack in Tunisia, Shelley Hay and Ben Milton were determined to seize the day...

For Shelley Hay, 25, and Ben Milton, 24, the recent Tunisian massacre is a day they'll never forget. They were on the beach in Sousse on Friday, June 26, when ISIS fanatic Seifeddine Rezgui opened fire, killing at least 38 people – of which it's estimated up to 30 are British – and injuring many others.

Despite the magnitude of the atrocity, civil servant Ben was determined not to let the terrorist win and went ahead with his plan to ask Shelley, an assistant manager at a children's play centre, to marry him.

Here, Shelley, from Cardiff, tells **new!** about the uplifting ending to their horrifying ordeal...

As I read through the hotel reviews, I felt butterflies in my tummy. My boyfriend Ben and I had been working hard and were so excited about our sunshine break. The Hotel Royal Kenz in Sousse, Tunisia, looked perfect, with two outdoor pools and four restaurants. And it was just a ten-minute walk to the beach.

"This is our time, babe," I said to Ben when we booked our holiday a few months ago. "We can chill out and celebrate my birthday."

On June 26, we'd been in Tunisia for five days and the weather was perfect. The hotel was idyllic too – everyone was so friendly. It was my 25th birthday and I'd woken up to a lovely "girlfriend" card from Ben, who'd also brought cards from friends and family. After breakfast, we made our way to the beach. "Look at that sparkly blue sea!" I said, excited.

We grabbed two sunloungers with a parasol for shade. The beach was filled with holidaymakers from two or three resorts. There were speedboats on the water and people were laughing and having fun. The atmosphere was electric and I could hear the hotel music carrying on the warm breeze.

After having a go at parasailing, I decided to go down to the water, leaving Ben to read his book. As I dipped my toes in the sea, I smiled back at him. But this tranquil moment was suddenly shattered by a loud bang.

"Fireworks?!" I wondered out loud, confused as to what the noise might have been. Soon, more bangs rang out from further along the beach and the atmosphere changed instantly. A panicked hush spread across the sand then, suddenly, people started grabbing their things and running.

As I looked to my left, I saw a stampede of beach-goers rushing towards me. The bangs and cracks were getting closer together and a shiver ran through me. It sounded like gunfire. Instinctively I knew I had to run too and I sprinted towards Ben, who'd already grabbed our rucksack. "Run!" he shouted, grabbing my hand.

We joined the crowds of people dashing towards our hotel. Then the sound of an explosion roared around us. There wasn't

time to think about what was happening, we just knew we were in danger. We squeezed through our hotel gates – a sea of sun-worshippers in bikinis and swim shorts.

In the foyer, we were met by our holiday reps. "Go to your rooms and lock the doors," they ordered. "We don't know what's happening, but we'll tell you when it's safe."

Ben kissed me on the head and we dashed back to our room, locking the door behind us. Ben checked the windows and the balcony doors and locked them too.

With shaking hands I flicked on the TV. It wasn't long before there were breaking news reports about a terror attack on the beach. We heard that there had been several fatalities after a Tunisian gunman opened fire on sunbathers and in the hotel next door to ours. He'd thrown grenades at tourists and shot people. The man, later named as 24-year-old student Seifeddine Rezgui, was eventually shot dead by police.

SHOCK AND DISBELIEF

We immediately called our families to reassure them we were OK and spent the next two hours huddled in the middle of our bed, watching the news in disbelief. "All those people who haven't made it – it's so frightening how close we were," I said to Ben tearfully. "We've been so lucky, it could have been us. I love you so much."

When we eventually ventured out to get food, others were tentatively walking around too. There was an eerie quiet. Everyone was in shock. Occasionally a military helicopter flew overhead and there were police everywhere. We felt safer, but it wasn't enough for us to want to stay, so we asked to return home as soon as possible.

While we waited, we tried to carry on as normal. We had an 8pm reservation at a hotel restaurant for my birthday. I hardly felt like celebrating, but Ben insisted. "Come on, babe, we can't let them win," he said.

Downstairs, the hotel was coming back to life. The music was on and people were sitting in the bars. We wolfed down our dinner, starving after the fear and adrenaline of the day had worn off. Ben had even ordered me a cake and the hotel staff sang happy birthday. I was touched



Ben and Shelley at the start of their Tunisian holiday





The couple got engaged on the evening of the attack

Tales of terror

GRIEVING WIDOW

Gina Van Dort, 30, from Watford, was in the second week of her holiday when she was blasted in the face. As paramedics desperately tried to get her to safety, she clung to her husband, Chris Dyer, 32, who'd sadly died. Unable to speak due to her injuries, Gina wrote a note to hospital staff asking them to save her wedding ring which had been removed before she had surgery.



Gina clung to husband Chris as he died

TEEN HERO

Owen Richards, 16, survived a bullet grazing his shoulder, but tragically his brother Joel, 19, uncle Adrian, 49, and grandad Patrick, 78, were gunned down and killed. The schoolboy, from Wednesbury, West Midlands, was hailed a hero after he then bravely tried to help a woman who'd been shot in her back. Minutes later he sobbed, "I have to call my mum."



Owen's brother Joel (right) was killed by the gunman

A SOARING ANGEL

Beauty blogger Carly Lovett, 24, from Gainsborough, Lincolnshire, had recently got engaged to her childhood sweetheart, Liam Moore. She survived the beach gun attack, but died in a grenade blast in her hotel minutes later. Her family said, "Carly, may you soar with the angels and we pray that no other family will feel the pain that we do today and always will."



Carly was with Liam when she died

that they still wanted to make our night special after such an awful tragedy.

Ben wrapped his arms around me as we walked back to our room. Later, I stood alone on the balcony reflecting on what had been a truly terrifying, emotional day. Then Ben joined me. "I've had something planned for you all day," he said quietly. "I wasn't going to do it after this morning, but I can't let what happened stand in the way."

DOWN ON ONE KNEE

My jaw dropped as Ben got down on one knee and took a small box from his pocket. Inside was the most beautiful diamond ring. "Will you marry me?" he asked.

"Yes!" I shrieked, astounded but thrilled. We clung to each other, sobbing our hearts out.

"I can hardly believe this," I cried. "Nothing feels real." Ben then handed me another birthday card with "fiancée" on the front. It was such a special moment. We decided to have a celebratory drink but, moments later, our holiday reps called a meeting. "If you want to leave, there's an airport coach coming in 20 minutes," they explained.

It was mayhem as everyone ran to their rooms and threw their belongings into suitcases. Soon

we were at the airport waiting for our flight home. In the whirlwind, word had got out about our engagement. People from our hotel were congratulating us in the baggage queue. One lady said, "How nice for something positive to come out of this nightmare."

At 3am, we took off for Manchester and from there an airport taxi drove us the 180 miles home to Cardiff. At lunchtime on Saturday, 24 hours after the attack, and in the safety of our house, Ben and I started to realise the magnitude of what had happened. The news was filled with reports of casualties.

Words can't describe the mixture of emotions we had – fear, gratitude, sorrow and grief for the families who lost someone. But also elation at making such an important promise to each other. Our engagement was a proud and personal moment, but for some it's become a symbol of how love can triumph over evil. The threat of terrorism is real and frightening and strong, but we hope we've proved love is even stronger.

MICHELLE MORGAN DAVIES &
CAROLINE BENJAMIN

**'A PANICKED HUSH
SPREAD ACROSS THE
SAND, THEN PEOPLE
STARTED RUNNING'**



Flowers were placed on the beach in Sousse, where at least 38 people lost their lives



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new! Food Celebrity bites

JAMEELA JAMIL

The presenter, 29, makes **new!** laugh telling us about eating a meal in the dark, and why she wants dinner – and babies – with Jake Gyllenhaal...

Jameela, do you have a signature dish?

A big roast leg of lamb with potatoes, asparagus and sweet potato. You don't need gravy. I coat it in olive oil and sometimes goose fat.

Do you have a favourite restaurant?

Yes, Bob Bob Ricard in London's Soho. It has the tastiest food. It should be pretentious but it isn't and it's not overly expensive.

What do you eat there?

I order sea bass and chips every time, then Eton mess.

Are there any foods you can't stomach?

I hate fishy fish. I like milder ones like sea bass and sole.

What's the weirdest food you've ever eaten?

Zebra cheek at Dans Le Noir, a "dining in the dark" restaurant in London.

You can't see, you just taste.

The experience was f***ing awful. I had to go to Nando's afterwards!



She might cook lamb for Jake (inset)

Who would be your dream celebrity dinner date?

It would have to be Jake Gyllenhaal. I want to have his babies! Just two, nothing irrational.

What would you want to eat for your last supper?

My starter would be halloumi, hummus and olives, followed by lamb chops and chips for my main. Dessert would be Eton mess. My mouth is filling up with saliva!

■ **Jameela is the ambassador of Holland & Barrett's new Free From range. Go to [Holland andBarrett.com](http://HollandandBarrett.com) for more information**



Jamie's side dish solutions

We love Jamie Oliver's ready-to-eat pulses and grains range, which can be eaten hot or cold and are free from unnecessary additives. Choose from Incredible Curried Chickpeas, Lovely Lentils, Mouth-watering Moroccan Salad, Sensational Sweet Chilli Spelt, Marvellous Mustard Pearl Barley or Super Tomato & Olive Quinoa. £2.29 each from major supermarkets.



RECIPE OF THE WEEK SERVES 2

Grilled nectarine, Parma ham and runner bean salad



This summery salad perfectly blends the flavours of sweet nectarine and salty prosciutto...

INGREDIENTS

150g runner beans, ends cut off
2 nectarines
30g watercress
30g rocket
100g Parma ham

50g feta cheese, cubed
2 tbsp sesame seeds
3 tbsp honey and mustard dressing
Salt and pepper

METHOD

- Pop the beans into a pan with a little water and a pinch of salt. Steam for five minutes.
- Cut the nectarines into eighths, put them on a griddle pan over a medium heat and grill for two minutes on each side.
- Put the watercress and rocket into a bowl and mix them together.
- Scatter the rest of the ingredients over the top, then pour over the dressing and finish with a couple of grinds of salt and cracked black pepper.

THE new! REVIEW

LE PAIN QUOTIDIEN



With a fresh, seasonal menu, including an array of vegan and gluten-free dishes, Le Pain Quotidien (French for "daily bread") really does cater to everyone. We tried London's bustling Borough Market branch, enjoying a duck confit salad with cavolo nero and roasted hazelnuts. For dessert, we had a banana and toffee tart, which we didn't want to end. No wonder Pippa Middleton's a fan!

A main course or salad with a side and bread is around £15. Visit Lepainquotidien.co.uk.



To order *Get The Glow: Delicious And Easy Recipes That Will Nourish You From The Inside Out* by Madeleine Shaw (Orion, £20), call the Express Bookshop on 01872 562310 or send a cheque or postal order made payable to Express Bookshop to: PO Box 200, Falmouth, Cornwall TR11 4WJ, or visit Expressbookshop.com. UK delivery is free.



'Butchered in bed by my knight in shining armour'

As new figures show a sharp rise in the number of domestic violence convictions, Zoe Dronfield reveals how she's rebuilding her life following a horrific attack...

Last week a new report revealed there were more than 107,000 prosecutions for violence against women between 2014 and 2015 in England and Wales – a rise of 18 per cent on the previous year. The stats also showed the highest ever number of domestic abuse convictions – a total of 68,601. One woman who welcomed the news was Zoe Dronfield, who was beaten by her ex-partner, Jason Smith, now 31, in an eight-hour ordeal. Zoe, 38, a business development manager from Coventry, tells **new!** how she's recovering and how she's helping other women who've survived abuse...

When I first met Jason Smith through Facebook at the end of 2012, he seemed the perfect gentleman. We had loads of mutual friends and, as we chatted online, I found out he was a car salesman and had a daughter. A lovely family man, he showered me with compliments and, from the very beginning, swept me off my feet.

My mum died when I was six, so I grew up with my dad. I lived in my own place and Dad lived with me, helping me look after my son Cameron, now ten, and daughter, Sofia, now five, while I worked. Jason got on brilliantly with them and my friends loved him, too.

"You look so happy!" they told me. And I was. Jason was so charming, always calling to check how I was. He called me his soul mate and whisked me off to expensive restaurants and posh hotels.

"Come on, princess," he'd smile as he held doors open for me. He stayed over all the time and soon we were talking about marriage.

But then my dad developed Guillain-Barré syndrome, a condition that affects the nervous system, and was hospitalised.

"I'll help you out," Jason offered. He was like a knight in shining armour, taking care of the children so I could work. He helped me hold everything

together. With Jason by my side, I felt I could deal with anything.

The first few times Jason asked to borrow money I didn't think much of it.

"I'll pay you back, it's just a cash flow thing," he insisted. But as time went on, it became annoying. Borrowing £100 at a time, he'd leave me with no spare cash, so I couldn't make plans with my friends. In the run-up to Christmas 2013, our relationship started to deteriorate. We weren't officially living together, but he was always at mine. He'd been so helpful, but suddenly everything was too much hassle. He lost his job and started drinking heavily.

"I can't have this behaviour around my kids," I told him. "You need to sort yourself out."

He left, but bombarded me with calls and texts, one minute begging me to take him back, the next pretending he was about to kill himself.

My dad was still in hospital, so I was alone with the kids. Jason turned up at my house drunk, and on another day appeared in my back garden. I screamed, but Jason kicked the door down and stormed inside.

"Why won't you speak to me?" he yelled.

I called the police and he left.

After that, he seemed to calm down, so weeks later on 2 February 2014, when the kids were staying at their dads', I agreed to meet Jason to talk.

UNDER ATTACK

We went out for dinner and Jason was so apologetic and promised he'd changed.

"Can I come to yours?" he asked.

"I want to show you my job application."

I agreed and back at mine we chatted and had a drink. Later, I went to bed, leaving Jason on the sofa. But after midnight, I awoke to find him shaking me and asking for money. When I sleepily



During the attack Smith snapped Zoe's right arm



With her attacker, ex-boyfriend Jason Smith



Zoe was in hospital for two weeks after the attack in February 2014

Zoe has since reached out to other domestic abuse survivors



Looking to the future with her children, Cameron and Sofia

'I HAD A STAB WOUND TO MY NECK 1MM AWAY FROM MY JUGULAR VEIN'

mumbled, "No," he suddenly kicked me in the side of the head, sending me flying across my bedroom. It was as if I was having an out-of-body experience. He then kicked, punched and stamped on me until I passed out.

The next thing I remember was coming round on the floor by my bed. I saw blood everywhere. My hands were a mess and I realised I'd been stabbed. It was like a scene from a horror film. As I drifted in and out of consciousness, I saw Jason holding a huge meat cleaver to his wrist.

"What are you doing?" I gasped.

"Don't worry, babe, we're going together," he said.

"I'm not going anywhere," I cried. "I've got two children."

I must have had an adrenaline rush, because I told him I was going downstairs to get some water. I've no idea how I stood up. My head felt enormous and there was blood spurting out of my neck and hand.

Switching into survival mode, I made it into the lounge and rang 999. But the call didn't connect and suddenly Jason appeared and pushed me back upstairs. "I'm dying, please call an ambulance," I begged. In the end, he did as I asked and the next thing I remember is paramedics treating me in the lounge.

"What happened, Zoe?" someone asked.

"He stabbed me," I said.

In hospital, I could hear Jason in the bay next to me. I found out later he was treated for

slashes to his wrists and neck, before he was arrested. After that, I was incoherent for days.

"Where's Jay?" I mumbled, confused, as nurses reassured me I was safe.

My kids stayed with relatives, but as friends and family visited, I had waves of fear but was too confused to know why. Gradually my memory returned and I put the snippets back together.

Doctors explained I had a bleed on my brain and a stab wound to my neck that was 1mm away from my jugular vein. If that had been cut, I'd have been dead in four minutes. I also suffered a broken nose, cracked cheekbone and my face was swollen beyond recognition. Jason had snapped my right arm and stabbed me twice in my left hand, severing a tendon. My body was black and blue.

Police took a video statement and told me Jason had been arrested for the attack, which they believe lasted eight hours. When I saw myself

in the mirror, it was as if I was looking at someone else. In a fog of painkillers, I was too numb to cry.

JUSTICE

After two weeks, I left hospital. My aunt and uncle had cleaned up my house. Jason had left the bath filled with bloody water from where he'd washed his knives. I shuddered when I found Jason's shoes. My house didn't feel like home.

When I saw my kids I told them I'd fallen down the stairs, but they were so worried. I felt so anxious I couldn't eat and barely left the house. I couldn't bear to look at Facebook, to see people getting on with normal life when mine had been destroyed. I was so grateful my friends and family rallied around. I also had hypnotherapy to help me process what had happened.

The people at domestic violence charity Refuge were so supportive, both practically and emotionally. One of their advocates sat next to me at Warwick Crown Court when Jason's trial began. He pleaded not guilty to GBH with intent so I had to give evidence. Bizarrely, he insisted he hadn't attacked me, but that I'd fallen on the knives. However, the judge and jury saw through him.

I sobbed as they returned a guilty verdict and in March this year, when he was sentenced to 14 years – ten in prison and four suspended – I finally felt like justice had been done.

These days, my dad is in sheltered housing and the kids and I are getting on with our lives. My ordeal hasn't put me off getting into another relationship. I'm lucky to be alive and I'm so relieved Jason can't hurt any other women. I'm lobbying for a serial perpetrators' register and I set up a group to support survivors of domestic violence, called I Want My Mummy. I'm determined to help other women see we don't have to let abusers win.

CAROLINE BENJAMIN

2women2many is new! and Refuge's exclusive domestic violence campaign, which aims to highlight the shocking fact that two women die every week in the UK at the hands of their violent partner or ex-partner. Our goal is to push for positive change in the way the police and other state agencies respond to women and children who experience domestic violence. Our target is to get 100,000 signatures on Refuge's petition so this issue has to be debated in Parliament.



WHAT YOU CAN DO NOW

- Sign the petition: Refuge.org.uk/publicinquiry
- Tweet @new_magazine using #2women2many
- If you or someone you know needs support, call the National Domestic Violence Helpline (run by Refuge and Women's Aid) on 0800 2000 247 or visit Refuge.org.uk or 1in4women.com
- If you've experienced domestic violence and would like to share your story, send a brief outline to caroline.benjamin@express.co.uk putting 2women2many in the subject line.

NEW



**MMMM... DELICIOUS
AND 99 CALORIES**

Sammy Winward

MY DIET SECRETS

The former *Emmerdale* star, 29, loves Gü chocolate soufflé pots and thinks actress Drew Barrymore has a great figure

HEIGHT: 5FT 6IN
DRESS SIZE: 8

Tell us how you stay in shape...

I do a lot of yoga – two one hour 20 minute sessions each week. I'm not a member of a gym. I do it all at home. I've got a running machine – I don't run on it, but I do fast walking a couple of times a week for about 20 minutes. I also do squats, arm exercises and sit-ups every morning for ten minutes.

Are you body conscious at this time of year?

No, I'm not to be honest. Just learning to be comfortable with your body is hard, but I think I've managed to get there. I'm looking forward to going on holiday to Italy and pigging out this summer.

What are your favourite and least favourite parts of your body?

I hate this question! I've said, "I love my bum," before and it just makes me sound like I love myself! On the flip side, if I say I hate something, it'll come out as, "I hate the way I look," so you can't win! I'm quite happy with my body. Yes, I have a few flaws – as everyone does – but generally I'm pleased with what I've got.

How has your diet changed over the years?

I've always been good in terms of having a balanced diet. I don't mind eating a bit of junk food now and again – we all like a takeaway. My favourite is Thai, especially vegetable Penang curry with sticky white rice.

Have you ever been on a diet?

No, I'm not a very good dieter. I just eat healthily and exercise.

What's your view on cosmetic surgery?

Each to their own. I've got friends who've had it, friends who haven't and friends who are adamant they never would. It's up to the individual.

Would you consider having something like Botox in the future?

I don't know. I think I'm a bit too young to think about it.

Which celebrity body do you admire?

Drew Barrymore always looks lovely – like someone who doesn't necessarily hit the gym every day, has a busy schedule being a mum, yet always manages to look good!

Princess Phoebe Meets The Tudors by Sammy Winward (Candy Jar Books, £6.99) is available from Amazon, Candyjarbooks.co.uk and all good bookshops

My food diary

BREAKFAST

"I had avocado on two pieces of brown toast and a glass of coconut water. I like to drink at least one glass a day."

NUTRITION CONSULTANT IAN MARBER SAYS, "Avocado and toast combines protein, carbs and essential fats so it's an ideal start. Granary bread has more fibre than brown. Coconut water is a good source of minerals. Try the new Innocent one as it has less sugar than most others and tastes better, too."

280
kcal

LUNCH

"I like to just throw things in a pan, so I had quinoa, tomato, peppers, onions, and chickpeas with some pesto, black pepper and garlic. It's really quick, easy and tasty. I had a couple of glasses of water with that."

IAN SAYS, "Quinoa is actually a seed, not a grain, so it contains all the amino acids to make it a complete protein. It's also gluten-free and contains substances that can combat inflammation. Add in the rest of the vegetables and Sammy has a knockout meal that ticks all the boxes."

525
kcal

SNACKS

"Mid-morning, I had a chocolate-flavoured vegan protein shake. In between lunch and dinner, I had a cup of coffee with one sugar to perk me up and a handful of cashew nuts. I always carry a small bag of nuts in my handbag to snack on."

IAN SAYS, "Protein shakes are a useful snack, especially after exercising, but Sammy has such a great diet she probably doesn't need one if she's having nuts."

187
kcal

DINNER

"I had a tuna steak with couscous and a salad. For dessert, I had a Gü chocolate soufflé pot. I could eat 15 of them – they're the best! To drink, I had water and a green tea before bed."

IAN SAYS, "Tuna is a good source of omega 3 fats and having it with grains and vegetables offers fibre and plenty of antioxidants. Sammy should avoid green tea at night as it contains caffeine."

659
kcal

SAMMY'S TOTAL:

Fat 92g | Carbs 191g | Protein 83g | Kcal 1,651

IAN'S TOTAL:

Fat 90g | Carbs 188g | Protein 66g | Kcal 1,567

Follow Ian Marber on Twitter @IanMarber

WORDS: Lisa Blake PHOTOS: Alamy, Getty Images, WireImage



Ted (MacFarlane) and John (Wahlberg) have lawyer Sam (Seyfried) on their side

Ted 2

CERTIFICATE: 15 **DIRECTOR:** Seth MacFarlane **STARRING:** Mark Wahlberg, Seth MacFarlane, Amanda Seyfried

What's it all about?

The foul-mouthed bear is back in this smutty sequel. Ted (MacFarlane) wants a baby with his wife Tami-Lynn (Jessica Barth), but his efforts lead the law to declare he is not a real person. Enter Sam (Amanda Seyfried), a lawyer keen

to help – and to bond with Ted's best bud John (Wahlberg).

What's good?

There are a few giggles for fans of the first film – Mark Wahlberg is funny freaking out after smoking strong weed, and Amanda Seyfried does her level best as Sam, whose

ignorance of popular culture never ceases to amaze John and Ted. Look out for celebrity cameos.

What's bad?

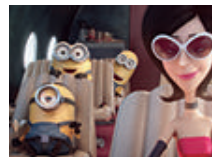
The story is bland and many of the jokes feel tired and borderline offensive when it comes to poking fun at celebs – let's just say we

wouldn't want to be a Kardashians watching this!

new! VERDICT: There are laughs for die-hard fans, but this isn't up there with the first film. ★★

Film of the week

OUR PICK OF RECENT RELEASES



1. Minions (U)

The loveable little yellow fellows get their own movie, in which they're recruited by the villainous Scarlet Overkill to help her take over the world. ★★★★★



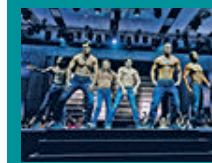
2. Jurassic World (12A)

Forget the dinosaurs, lovely Chris Pratt is the real star of the show in this spectacular, action-packed sequel. Totally popcorn-tastic! ★★★★★



3. Amy (15)

Her dad Mitch doesn't like it, but this portrait of Amy Winehouse's life is still gripping stuff. Mark Ronson is among those who provide memories. ★★★★★



4. Magic Mike XXL (15)

Expect gleaming torsos galore as the gorgeous Channing Tatum returns to the big screen as saucy stripper Mike. Great fun for a girlie night out! ★★★★★



5. Mr Holmes (PG)

It may not have the pace and ingenuity of recent Sherlock adaptations, but this gentle treat features a fab performance from Sir Ian McKellen. ★★★

Brian from The Beach Boys (Cusack) takes a trip down memory lane with Belinda (Banks)



Love & Mercy

CERTIFICATE: 12A
DIRECTOR: Bill Pohlad
STARRING: Elizabeth Banks, John Cusack, Paul Dano, Paul Giamatti

What's it all about?

Car saleswoman Belinda (Banks) meets Brian Wilson (Cusack) from The Beach Boys in the 90s. Flashbacks fill us in on his rise to fame in the 60s, where he's played by Paul Dano.

What's good?

The music's brilliant and Paul Dano is especially good as Brian Wilson. But it's Elizabeth Banks who really stands out as

the strong-minded young woman who tries to save troubled Brian from his domineering manager (Giamatti).

What's bad?

John Cusack's good but he doesn't resemble Brian Wilson as much as Paul Dano does.

new! VERDICT: A funny and touching story. ★★★★★



ALSO OUT THIS WEEK... Miss Julie (TBC)

Jessica Chastain and Colin Farrell star in this lavish costume drama about a young upper-class woman who tries to seduce one of the staff!



DVD OF THE WEEK Still Alice (12)

It's easy to see why Julianne Moore won the Actress In A Leading Role Oscar for her portrayal of Alice, a linguistics professor with early onset Alzheimer's. Deeply moving. ★★★★★

Top of the shocks!

MAGIC MOMENTS!

20 MOMENTS THAT ROCKED TALENT SHOWS

FRIDAY, JULY 17,
CHANNEL 5, 9PM

Talent show legends including Louis Walsh, Gareth Gates and Pete Waterman give their views in this nostalgic show that takes a trip down memory lane.

Here, we take a look at the highs and lows that have made talent show history in years gone by...



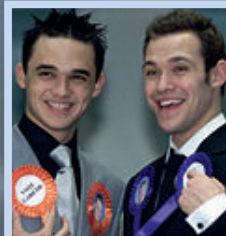
SINGING SENSATION

The judges were in for a surprise on *Britain's Got Talent* in 2009. As soon as Susan Boyle started to sing *I Dreamed A Dream*, jaws hit the floor!



SHOCK RESIGNATION

Viewers warned to John Sergeant during his *Strictly* stint in 2008 and kept him in, but John resigned in week ten.



WILL'S THE WINNER

Gareth Gates was the favourite to win *Pop Idol* back in 2002. And so when Ant McPartlin announced that Will Young had pipped him to the post, the shock was written all over Will's face.

DIVA DEBUT

Eleven-year-old Charlotte Church was supposed to introduce her aunt Caroline on Jonathan Ross's *The Big Big Talent Show* in 1997, but ended up stealing the show when she did an impromptu performance of *Pie Jesu*.



BIG BUCKS

Dancing On Ice bosses paid a huge amount for Pamela Anderson to be on the show in 2010. But they didn't get their money's worth – she crashed out in the first week!



AMERICA'S GOT TALENT WEDS, JULY 15, TRUTV, 8PM

She may have got the elbow from *The X Factor* judging panel, but Mel B is keeping herself busy on the other side of the pond! Alongside comedian Howie Mandel, supermodel Heidi Klum and "shock jock" Howard Stern on the judging panel, she will be sharing her blunt opinions with America's wannabe entertainment acts. Take cover, guys!

JUDGED!

TOTAL DIVAS SUN, JULY 12, E!, 8PM

If you thought there was a shedload of drama in the ring at WWE matches, the action involving the female fighters behind the scenes will blow your mind! Tensions are high this season as word gets out that WWE has big plans to raise Eva Marie's profile, and Trinity is finding the transition from in-ring hero to villain challenging...



WRESTLING!

THE OUTCAST SUN, JULY 12, BBC1, 9PM

Lewis (George MacKay) is just ten when he witnesses the drowning of his doting mother during a picnic in this two-part adaptation. When his emotionally distant father Gilbert (Greg Wise) remarries the clingy Alice (Jessica Brown Findlay), Lewis's behaviour becomes increasingly disturbing. See *A Cuppa With* for more details...



A CUPPA WITH...

JESSICA BROWN FINDLAY

We chat to the ex *Downton Abbey* actress about 50s-set drama *The Outcast*...

What can we expect from *The Outcast*?

It's a story of what grief can do to a family. It's what happens if you don't ask the right questions, what happens when you are afraid of connecting. It's about how it can shape and scar someone forever, but also how people can come together in an understanding of that against all the odds.

How was it on set?

When something is dark, you have to be able to shake it off. We all got on so well, the weather was beautiful and we would spend time chatting and going out for pub dinners. It was heaven and we've all stayed friends.

How would you describe your character, Alice?

She's young, naive and desperate to be a mother. She's also naive about the marriage she's entered into. She lacks an understanding of the world and constraints of the times. So she often stays silent when she should speak.

What attracted you to the role?

She's a very hard person and has sharpness to her, but also just wants to be loved. That inner darkness intrigued me. I saw it as a challenge.

The Outcast, Sunday, July 12, BBC1, 9pm

The secret's out!

➤ Debbie must have known it was only a matter of time before someone other than Finn discovered her illicit affair with her fiancé's brother in **Emmerdale**. But she seems shocked when Moira confronts her after spying her snogging Ross at the garage. And Moira isn't exactly sympathetic to Debbie's dilemma and tells her to immediately choose which brother she wants to be with! Will she plump for Pete, or take a risk on Ross?

Over in **Hollyoaks**, Maxine peeks through the letterbox and sees that Patrick has collapsed while looking after Minnie. Once inside, she discovers leaflets containing information on motor neurone disease. Also, Grace and Kim get frisky, but their bedroom antics are rudely interrupted by an uninvited guest...



Grace and Kim are caught together



Moira insists Debbie chooses between Pete and Ross

Out of control

➤ Carly's in a very sticky situation financially, so when Ross offers her a way out in **Emmerdale**, she jumps at the chance. She pretends to break down on a country road and, when the driver of one of Jimmy's vans stops to help, Ross batters him over the head and takes the van!

Elsewhere, in **EastEnders**, Cindy discovers Jane is paying Carol to look after her and, feeling betrayed, heads to The Albert to drink herself into oblivion. She persuades two men to buy her drinks before getting into a car with them. Did no one ever warn her about stranger danger?



Ross attacks a van driver



Drunk Cindy goes off with a stranger

Labour of love

➤ We're not sure why Ricky didn't call an ambulance when she went into labour alone

in **Home And Away**. Perhaps she wasn't thinking straight, what with the contractions and all! But all's well that ends well when John gets her to the hospital in time for her to give birth to a healthy boy. Aww!

There's baby news in **EastEnders**, too. Stacey accompanies Shabnam to a birthing class and tells her she's pregnant as well.



Ricky holds her baby boy

WORDS: Kate Noble PHOTOS: Getty

SOAP SNIPPET

Some familiar faces descend on Soapland this week. Paige's adoptive mum Mary turns up in **Neighbours** and, in case you're wondering where you've seen her before, she's actually played by Gina Liano, of *The Real Housewives Of Melbourne* fame! Meanwhile, former **Emmerdale** star Adele Silva makes a comeback as Leela's cousin Angela in **Hollyoaks**. And in **Corrie**, Chris Gascoyne's back as Peter Barlow, but he doesn't stick around for long!



Arrested development

Tyler may be his baby brother, but Brennan refuses to turn a blind eye when he finds out about his involvement with Dimato in **Neighbours**. Instead, he whisks him off to the police station for questioning!

In **EastEnders**, Ian and Jane are shocked to discover there's a new suspect in Lucy's murder case. When police arrive in Albert Square to make an arrest, their hearts are in their mouths. Are the cops on to Bobby?



Brennan arrests Tyler

A CUPPA WITH...

KATE FORD

new! talks to the **Corrie** star, whose character Tracy says a final farewell to her mum Deirdre this week...

Was it hard to film Deirdre's funeral scenes, seeing as you worked so closely with Anne Kirkbride?

Yes, it was very difficult and emotional at times. I had to try to keep things as separate as I could as it was too painful otherwise.

And what about the scenes where the Barlows go over their family history?

It felt really sad. It still feels like Annie is here with us.

Does losing her mum make Tracy reflect on her behaviour?

I think it does. She wants to be a better daughter and a better mum.

Is she trying to bury her grief?

To a certain extent. Tracy loved her mum more than anyone else in the world and without Deirdre's constant unwavering support, her life is going to be very different.

How does Tracy feel about Ken's hostility towards her?

She doesn't really understand why he's being like this. Tracy is

mourning the loss of Deirdre too, and really needs some comfort, but Ken isn't forthcoming at all.

How does Tracy feel when she spots her ex-husband, Robert, at the funeral?

She's in bits over her mum and is only just holding it together. When she spots Robert, she's shocked but overwhelmed to see a familiar face and loves that he is there to support and care for her.

Why does she kiss him?

Tracy can't face the wake and heads home alone, but when Robert knocks at the door she admits she could do with some company. He's there when she desperately needs some comfort.

Can you see a "happy ever after" for Tracy and Robert?

Probably not if history is anything to go by!



MUSIC Album of the week



FIFTH HARMONY REFLECTION

What you need to know...

The US five-piece – Lauren Jauregui, Camila Cabello, Dinah Jane Hansen, Normani Kordei and Ally Brooke Hernandez – release their sassy debut album, featuring tracks *Bo\$\$*, *Sledgehammer* and *Worth It*.

First impressions...

Dubbed the female answer to One Direction (Simon Cowell is their boss and, like the boys, they came third on *The X Factor*; the US version), Fifth Harmony sound like a bang up-to-date version of Destiny's Child, TLC and the Spice Girls – no wonder we're addicted! *Bo\$\$* reminds us of *Independent Women*

with its catchy and empowering lyrics, while *Suga Mama* is like a modern version of *No Scrubs* – it's about

a girl in a hopeless relationship. The group come into their own on *We Know* and Lauren's vocals are particularly impressive, in between the harmonies and finger-clicking musical backdrop. Good work, girls!

Download now:

We Know.

Did you know?

Fifth Harmony were originally called LYLAS (Love You Like A Sister) but due to another group being called The Lylas they had to change their name.

new! verdict:

Girl power at its finest!



WORDS: Zara Zubeidi & Georgia Farquharson
PHOTOS: WireImage

Who would you collaborate with if you had the chance?

Sam Smith. He's the best male vocalist out there.

Are you a karaoke fan?

Yes, massively! Only when I've had a drink though – and then apparently I hog the microphone.

Who was your musical inspiration growing up?

Robbie Williams. My mum was a huge fan so I was brought up with his music.

What song makes you turn off the radio?

I Really Like You by Carly Rae Jepsen – it's got to be the worst song of all time.

MY TUNES
JOSH CUTHBERT
UNION J



LITTLE MIX BLACK MAGIC

Our favourite girlband make their long-awaited comeback with a tune that'll no doubt have you singing along and tapping your feet – it's flirty, fun and super-catchy. The single is from their third album, which is out later this year. We're already under their spell!

DON'T TELL THE BRIDE (Blink Publishing, £16.99)

The BBC hit series has provided us with some unforgettable moments and now they've all been crammed into one handy book! Expect exclusive behind-the-scenes access, gossip about our favourite couples and an alternative guide to planning a wedding on a budget. Both informative and hilarious – it's a fab gift for any bride-to-be!



new! COMPETITION

Win! TWO TICKETS TO MEET ANDRÉ RIEU

The King of Waltz, André Rieu, will be broadcasting his 2015 Maastricht Concert in UK cinemas via satellite on Saturday, July 18. The concert will be set among the medieval backdrop of the Dutch maestro's home town and he will be joined by his Johann Strauss Orchestra, his sopranos, tenors and some very special guests.

CinemaLive is giving fans the chance to see André Rieu in concert with a friend and meet him backstage on his UK arena tour in December. The prize also includes two standard return train fares and hotel accommodation for one night.

André will perform some very well-known pieces of music during the concert. In previous years, they have included *The Blue Danube*, *You'll Never Walk Alone* and *Nessun Dorma*, and this year's Maastricht concert is shaping up to be his biggest and most spectacular concert ever to be screened in cinemas.

For all participating cinemas, visit Cinemalive.com.



HOW TO ENTER

CALL* 0911 719 0620 OR TEXT NEWANDRE FOLLOWED BY YOUR EMAIL ADDRESS, NAME AND ADDRESS TO 86660 (£2)**

*Calls cost 80p per minute plus your telephone company's network access charge. **Texts cost £2 plus your usual network rate. Or to enter via post, send your details and telephone number on a postcard to:

ANDRÉ RIEU COMPETITION, PO BOX 12581,
SUTTON COLDFIELD B73 9BX

One entry per postcard. Competition closes midnight 17.07.15 and three working days later for postal entries. SP: Spoke. Helpline: 0333 202 3390

Entrants must be 18 or over. Winners will be selected at random from all valid entries. The Editor's decision is final. For full T&Cs, see www.express.co.uk/campaigns/terms/7. By responding to promotions, offers and competitions you agree that Northern & Shell & new! magazine may contact you by post, SMS and/or email with offers, goods or services that may be of interest to you. To stop receiving SMS messages please text "NS NOINFO" to the originating number. Express Newspapers/Northern & Shell reserves the right to offer these promotions in its portfolio of titles. Prizes are subject to availability. Images are for representational use only.

Women have to make an effort

Caprice tells us the secret to a happy relationship and lifts the lid on life with her partner Ty and two sons, Jett and Jax....

INTERVIEW **Julia Brooks**

Imagine a life spent jetting around the globe juggling modelling shoots with glamorous celebrity events and dating the hottest men on the planet. Model and entrepreneur Caprice doesn't have to imagine – she's lived it.

Ever since she burst onto the showbiz scene back in 1996, when she wore a see-through lace dress to the National Television Awards, Caprice's life has been a roller coaster ride – especially romantically. All that changed, however, when she met and settled down with her partner of four years, investor Ty Comfort, and had two sons, Jett and Jax, both one, with him.

It's hardly surprising, then, that the model – who also runs her own lingerie line – had lots to write about when she penned her new autobiography. And she also has plenty to chat about when we get together for a natter! Friendly and fun Caprice, 43, is as enthusiastic to tell us about her life as we are to hear about it! Take it away, Cap...

So, Caprice, why did you write this book?

I was asked to and I thought, "I've got a pretty interesting story. I've had two successful careers." Also, I have an interesting story when it comes to motherhood and with the modelling career.

Having written it, what would you say is the main highlight of your life so far?

Becoming a mum, definitely.

You became pregnant at 41 – a month after your surrogate also became pregnant with your and Ty's baby. You refer to the surrogate as Tina in the book. Are you still in touch with her?

Oh yeah, I send her videos, she sends me videos of her kids, she is a massive part of my life and of the boys' lives. When I go back to the US, we see her and her husband and her kids. She's great.



Caprice has no plans to wed partner Ty



With her boys, Jett and Jax

And how are the boys?

They're so delicious. They're learning both Spanish and English, so now one of them keeps saying, "Bye bye caca" – caca is poo-poo in Spanish. I didn't teach him that! And then the other one is always saying "bus" – he's always saying "bus".

Do they sleep through the night?

Thank God, they sleep through the night. For about four months I wasn't sleeping at all and I was a royal bitch. Now it's great.

You're trying to bring them up as much like twins as possible, but one is a month older – does he take the reins more?

They're very individual. One of the boys is very outgoing and makes friends right away and he loves boobies. He pulls down my shirt and goes, "boo boo". And then my other son loves his puzzles – he does puzzles even I can't get. He's so smart and he's a real thinker.

How are things with Ty?

Amazing. I know it sounds cringey, but he's totally my soul mate. He's the greatest guy on earth.

'As a child, I didn't see a great side to marriage'

What's your secret to a great relationship?

I think, as women, we have to make an effort. Guys are really simple. They want to eat well, they want a few compliments every now and then and they want sex. We have date nights regularly.

What do you do on your date nights?

Do you really want to get into that? Isn't this a PG-rated magazine? We're going X-rated here! **Ha! We meant a nice meal and a trip to the cinema...**

Oh no, honey, you just get down to the nitty-gritty.

Would you ever marry Ty?

I don't think I'm interested in marriage.

Why's that?

As a child, I didn't really see a great side to marriage – with my mum and dad divorcing.

So I really don't need this piece of paper to validate my relationship. I know I'm going to be with Ty for life. Maybe some day in 20 years we'll end up getting married, just for the hell of it. But not now.

And is he OK with that?

Yeah, he's good with it.

My Boys, My Body, My Business (£16.99, Blink Publishing) is out now





EVERY WEEK!

Email me at chantelle.houghton@express.co.uk

CHANTELLE!

Our columnist tells us she sympathises with Nicole Scherzinger after *those* recent snaps...



Feeling flash!

BIG BROTHER, I'M WATCHING YOU!



So, Aisleyne going into the house caused a bit of a stir, didn't it? I think Danny would be silly to get tied up with her. She's had her *Big Brother* moment and was only in this series as an extra. It's Danny's moment now, but he could end up tainting his experience by getting close to Aisleyne. I also think Nick should distance himself from Harry – if anyone is going to boil your bunny, it's her!

It was funny when they put John McCririck in the house as he's great at winding everyone up. I was in *Ultimate Big Brother* with him and my main memory is of him picking his nose, burping, farting and wearing gigantic white pants that looked like a nappy!



I've been talking about having my boobs reduced for ages and it's finally all going ahead. I had to send a picture of them to the surgeon while I was in Spain, so I WhatsApped a shot to my agent, Scarlett, to send to him and didn't think any more of it.

On my way back on the plane, I got chatting to the man next to me – he was 77 and really lovely. When we landed, I turned my phone on and saw a message from Scarlett, so I quickly opened it and, guess what? Yep, a picture of my boobs flashed up on the screen – in full view of the elderly gentleman next to me! I tried to delete it, but it took ages. I was mortified. If the man did notice, he was polite enough not to say anything!

FEELING HOT, HOT, HOT...

I know I shouldn't moan about the weather, but it was so hot last week that I wanted to actually get into my fridge! I went to my friend Dawn's wedding in Hertfordshire on Thursday and she said she was really worried about overheating in her dress!

Years ago I would've been out in the sun from 7am to 7pm and I've even been known to use vegetable oil to help me tan, but I'm much wiser to the dangers of skin cancer now. These days I'm out in it for an hour at the most and make sure I use a high SPF lotion.



BIRTHDAY BENDER!

Nicole Scherzinger really let loose on her birthday. She was all over the place and was even caught on camera snogging a footballer! She must be so embarrassed.

I really feel for her as I've been papped in an embarrassing situation before. I was coming out of Embassy in London back in the day and my legs just buckled. I'd been drinking, but I wasn't drunk. I have no idea how it happened, but my legs gave way – twice! My brother and a friend helped me up, but because they were holding my arms I couldn't pull my dress down – so the photographer got an eyeful and the pictures were plastered all over the celeb mags. Cringe!



BELIEVE THE HYPE!

There's been so much hype surrounding the *Magic Mike XXL* movie. I wouldn't say I fancy Channing Tatum because I don't know him, but he is absolutely gorgeous. I'll definitely catch the film at some point. I'm not a big cinema-goer, so I'll probably wait until it comes on TV and watch it in the comfort of my own home. I thought it was so nice that Channing and the other cast members surprised fans at a screening in London last week – I bet the women in the audience were beside themselves!

Al fresco feasts

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**La Hacienda
Murcia Large
Steel Chimenea
with Cooking
Grill, £122**
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2CCZZ



**Smart Solar Rope and
Glass Cornish Sea LED
Lanterns (Pack of 2), £15**
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Orbit Relaxer – Purple, £99
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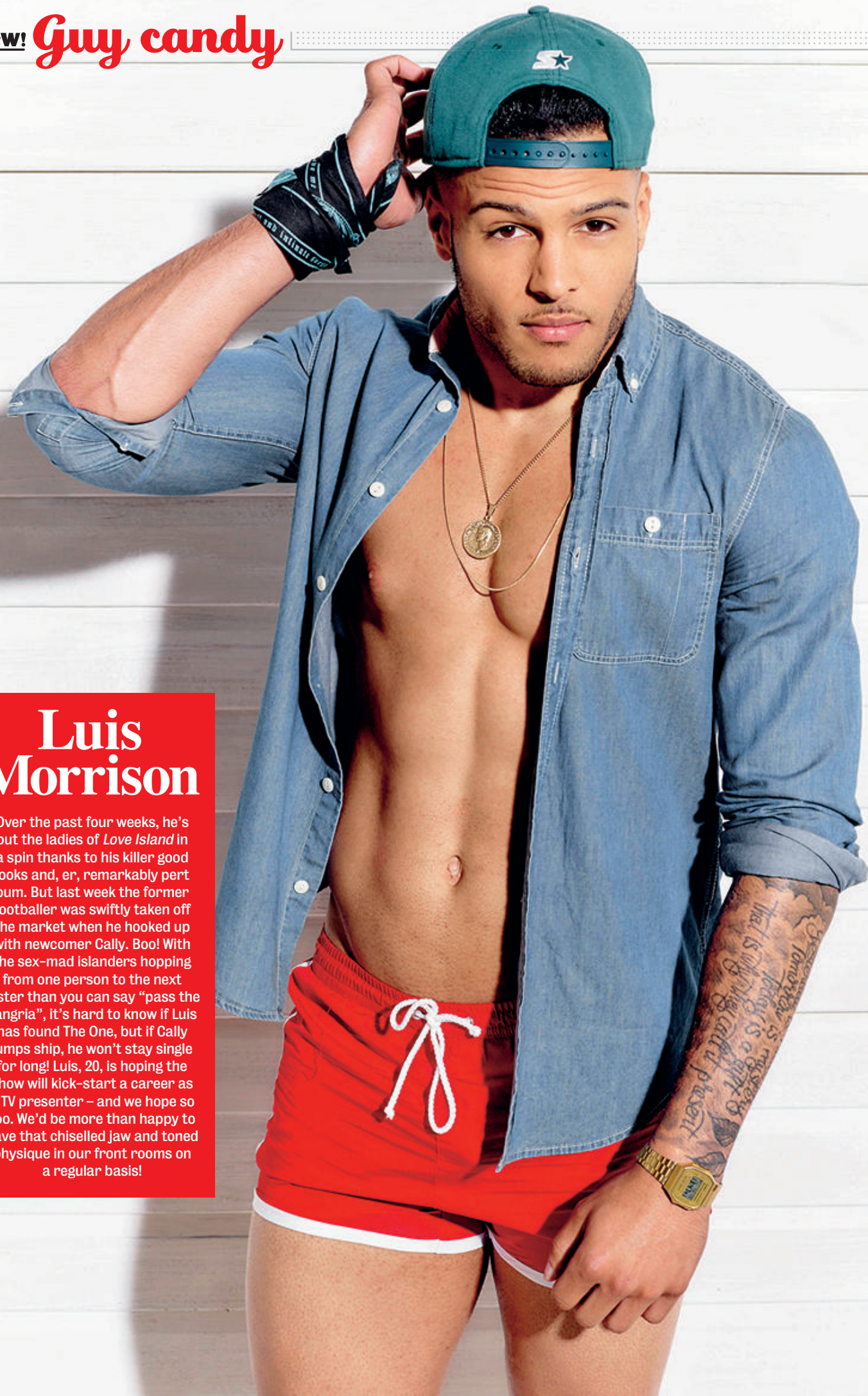
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Luis Morrison

Over the past four weeks, he's put the ladies of *Love Island* in a spin thanks to his killer good looks and, er, remarkably pert bum. But last week the former footballer was swiftly taken off the market when he hooked up with newcomer Cally. Boo! With the sex-mad islanders hopping from one person to the next faster than you can say "pass the sangria", it's hard to know if Luis has found The One, but if Cally jumps ship, he won't stay single for long! Luis, 20, is hoping the show will kick-start a career as a TV presenter – and we hope so too. We'd be more than happy to have that chiselled jaw and toned physique in our front rooms on a regular basis!



Lori Reid



July 13-19

Find out what's written in the stars for you over the next week

Aquarius JAN 21 - FEB 19

You're organised, efficient and ready for action. Not all goes to plan, however, and all work and no play makes you dull. You reap rewards for your efforts by Saturday. Call my Starline to hear more: **0907 181 2957 (11)*** or subscribe to **new!** Astro Texts (see below right).

Pisces FEB 20 - MAR 20

Love isn't always easy. But partners will definitely respond to your vibes this week. If you haven't yet met your ideal mate, chances are you soon could. Call my Starline to hear more: **0907 181 2957 (12)*** or subscribe to **new!** Astro Texts (see below right).

Aries MAR 21 - APR 20

This week, make each action count: be practical and follow through. Take charge of the house and you'll soon have the place ship-shape. On Saturday, love and work are linked. Call my Starline to hear more: **0907 181 2957 (01)*** or subscribe to **new!** Astro Texts (see below right).

Taurus APR 21 - MAY 21

It's not an easy time for travel, meetings or equipment. But, once past midweek's hurdles, you can turn to the lighter side of life. From Saturday, your spirits are lifted. Call my Starline to hear more: **0907 181 2957 (02)*** or subscribe to **new!** Astro Texts (see below right).

Gemini MAY 22 - JUNE 22

There are bills to pay but there are also money-making opportunities heading your way. People are visiting you and being with family helps make your nest complete. Call my Starline to hear more: **0907 181 2957 (03)*** or subscribe to **new!** Astro Texts (see below right).

Cancer JUNE 23 - JULY 23

It's difficult to think positively and plan a future when people throw obstacles in your path, but taking a new direction is the answer. Now, the spotlight is on you. Call my Starline to hear more: **0907 181 2957 (04)*** or subscribe to **new!** Astro Texts (see below right).

Leo JULY 24 - AUG 23

There are deep issues to take on board but there's also much to look forward to in the weeks ahead. With finances now positively accented, you can afford to give yourself a treat. Call my Starline to hear more: **0907 181 2957 (05)*** or subscribe to **new!** Astro Texts (see below right).

Virgo AUG 24 - SEP 23

If there's one thing you're good at, it's organisation. But even you will have your time out cut weaving around midweek's power struggles! From Saturday, you're all sunshine and smiles. Call my Starline to hear more: **0907 181 2957 (06)*** or subscribe to **new!** Astro Texts (see below right).

Libra SEP 24 - OCT 23

It's time to pull out all the stops to raise your game. However, don't be surprised if you come across some opposition. Thursday tips the scales in your favour. Call my Starline to hear more: **0907 181 2957 (07)*** or subscribe to **new!** Astro Texts (see below right).

Scorpio OCT 24 - NOV 22

Mentally and physically, you're eager to spread your wings. But, given this week's hassles, you're thinking twice about taking that trip. By Thursday, you get the green light. Call my Starline to hear more: **0907 181 2957 (08)*** or subscribe to **new!** Astro Texts (see below right).

Sagittarius NOV 23 - DEC 21

Your instincts rarely fail you and this is one week when listening to your sixth sense could turn up something remarkable. Be bold and take that big step at the end of the week. Call my Starline to hear more: **0907 181 2957 (09)*** or subscribe to **new!** Astro Texts (see below right).

Capricorn DEC 22 - JAN 20

It's time to branch out in a new direction, so grab this chance to broaden your horizons. The road to romance may be strewn with obstacles, but journeys and love are soon intertwined. Call my Starline to hear more: **0907 181 2957 (10)*** or subscribe to **new!** Astro Texts (see below right).

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new! Letters

WRITE: Letters, **new!** magazine, The Northern & Shell Building, Number 10 Lower Thames Street, London EC3R 6EN

EMAIL: newletters@express.co.uk



TEAM MARK & MICHELLE!

I hope Michelle Keegan and Mark Wright's marriage can weather them working apart (*Michelle and Mark: separated!*, issue 629). I worked in Dubai for two years and kept my relationship going with my boyfriend of nine years, so I'm sure they'll be OK. They just need to remember it takes two to keep the spark alive.

Loretta, Wales

We agree - we hope this power couple have years of happiness ahead of them. A Nicky Clarke goody bag is on its way to you.



DON'T DO IT, DAN!

I think the idea of Dan Osborne going on *Celebrity Big Brother* is silly (*Should Dan go on CBB?*, issue 629). He should be at home spending time with his fiancée and being a dad to his children. Plus, going on the show might backfire and he could end up being even more hated!

Sophie, Manchester

KERRY'S WEIGHT ISN'T A WORRY

We're used to seeing Kerry Katona's weight go up and down, so I'm sure she'll get back to a smaller size when she has less stress in her life (*'Comfort eater' Kerry now 11st*, issue 629). With George's recent health scare, I'm sure she has a lot more to worry about right now than her figure. Stay strong, Kerry!

Katie, Cheltenham



TWEETS

@CarolynMid

LOVE @chantellehought cream jacket in last weeks @new_magazine I need it!

@kerrybp82

Just read @MrPeterAndre column from last week's @new_magazine. I think he is a nice guy that he took the time to FaceTime a fan

Tweet and follow us @new_magazine To text your comments, write **NEWCHAT** followed by your message and send it to **83080**. Texts cost 25p plus your usual network rate. SP: Spoke Ltd, Helpdesk 0333 202 3390

PHOTOS: FameFlynet.uk.com, GC Images, WireImage
Tweets are printed exactly as they appear on Twitter



WEDNESDAY, JULY 1

HEALTH LOTTERY DRAW NUMBERS

1 16 19 25 43 35

BONUS BALL

WIN GREAT STUFF!

If you'd like the chance to win our fab Letter Of The Week prize, write to the postal or email address at the top of the page. Please include your name, address, email and daytime phone number. All letters must be original. **new!** is unable to return any manuscripts or photographs. The editor reserves the right to edit submitted material. **new!** cannot reply to letters individually.

Nicky Clarke has unveiled a new range, HairWise, which is bringing salon standards to the high street. It includes the LightBoost for blondes, SuperGloss for brunettes, SmoothSilk for anti-frizz, DeepTreat for dry hair and TextureBuild for volume. **new!** has teamed up with the leading hair brand to give one lucky winner a £50 goody bag! Each of the products is priced at £5.99 and available exclusively at Tesco.

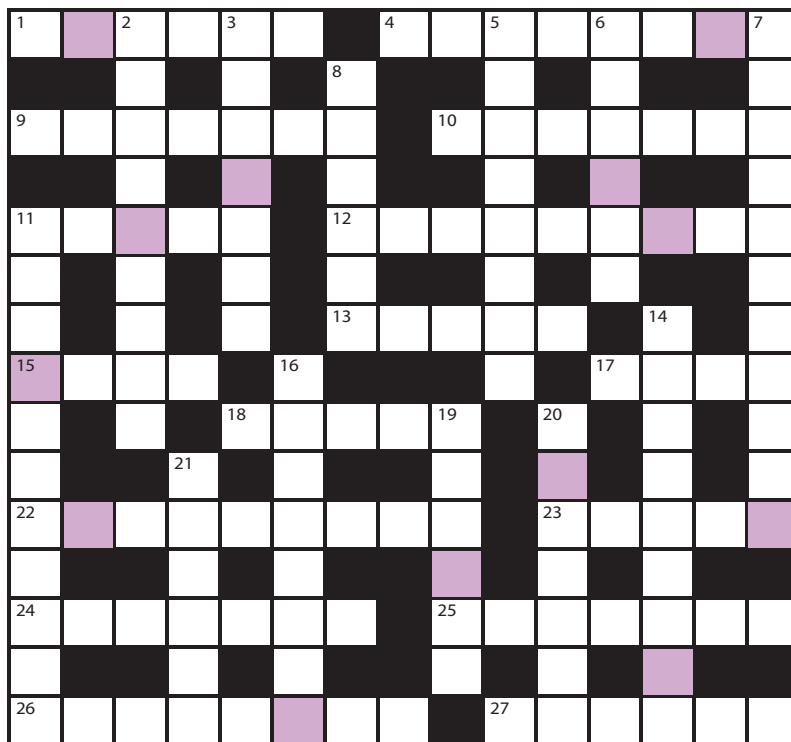


Crossword

Rearrange the letters in the shaded squares to find the name of a model and former WAG...

Across

- 1 ___ Khan, British heiress who has dated Hugh Grant and Russell Brand (6)
- 4 Actress who played Samantha in TV's *Sex And The City*, Kim ___ (8)
- 9 Jean-___ Fernandez-Versini, the husband of *X Factor* judge Cheryl (7)
- 10 US actress and singer who is married to Evan Ross, Ashlee ___ Ross (7)
- 11 ___ Collins, former Playmate who appeared on TV's *I'm A Celebrity* (5)
- 12 British actor whose films include *No Good Deed* and *Pacific Rim* (5,4)
- 13 Film series starring Ben Stiller and Robin Williams, ___ *At The Museum* (5)
- 15 Scottish singer who was born Marie Lawrie in 1948 (4)
- 17 Robert ___, comedian who is the comedy partner of David Mitchell (4)
- 18 US actor who is married to Anna Farris, Chris ___ (5)
- 22 Geri ___, former Spice Girl who married Christian Horner in May (9)
- 23 US actress and star of films including *Mean Girls*, Lindsay ___ (5)
- 24 The name of 27 Across's eldest son with husband Laurence Fox (7)
- 25 ___ Shaw, actress and singer who was a member of Hear'Say (7)
- 26 Actress whose TV appearances include *Gavin & Stacey*, ___ Smith (8)
- 27 ___ Piper, British actress who played Doctor Who's assistant Rose (6)



Down

- 2 Singer who was a member of boy band JLS, Aston ___ (9)
- 3 Rachel ___, Canadian actress whose films include *A Most Wanted Man* (7)
- 5 Film series which starred Robert Pattinson as hunky vampire Edward (8)
- 6 Actress whose TV credits include *Gold Feet* and *Suspects*, Fay ___ (6)
- 7 Actress who plays Tracey Stubbs in TV's *Birds Of A Feather* (5,6)
- 8 ___ Edmondson, British actor who is married to Jennifer Saunders (6)
- 11 British actress whose films include *The Bank Job* and *The Lady Vanishes* (6,5)
- 14 Zooey ___, US actress who plays Jess in TV's *New Girl* (9)
- 16 US supermodel who is married to Rande Gerber, Cindy ___ (8)
- 19 ___ Contostavlos, singer who was a judge on *The X Factor* (7)
- 20 *The Hotel Inspector* presenter, Alex ___ (7)
- 21 Song which was a 2008 hit for US singer Ne-Yo (6)

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Celeb bags

Match these three stars to their designer handbags...

1 KHLOÉ KARDASHIAN	2 VICTORIA BECKHAM	3 KATY PERRY
A QUIRKY	B VIVID	C CHIC

Issue 628's solutions

Crossword: Denise Van Outen Wordsearch: Emma Wintertowne Celeb hats: 1:B; 2:C; 3:A
Spot the difference: Plait missing, chef's hat shorter, pink flowers missing, tower from cake missing, watch missing, neck on Lady Gaga's top different

Spot the difference

Can you find the six differences between these two pictures of Jack Black promoting *Kung Fu Panda 3* in London?



PHOTOS: EMPICS Entertainment, Famerlynet.uk.com, Film Magic, Getty Images, WENN.com, Wire Image

Wordsearch

The following words relating to Beyoncé can all be found in the grid except for one...

Blue Ivy
Bootylicious
Crazy In Love
Destiny's Child
Dreamgirls
Flawless
Halo
If I Were A Boy
Irreplaceable
Jay Z
Knowles
Listen
Lose My Breath
Me Myself
And I
Naughty Girl
Sasha Fierce
Solange
Soldier
Survivor
Work It Out

P	L	G	H	Y	O	B	A	E	R	E	W	I	F	I
Y	U	R	E	V	O	L	N	I	Y	Z	A	R	C	G
V	H	Z	I	S	L	R	I	G	M	A	E	R	D	D
I	A	Y	R	G	O	U	P	S	D	F	D	E	E	S
E	L	A	S	E	Y	L	S	X	T	S	B	P	S	S
U	O	J	U	E	I	T	A	M	G	E	T	L	T	E
L	D	J	R	Y	L	D	H	N	D	S	N	A	I	L
B	J	Q	V	E	Y	W	L	G	G	I	A	C	N	W
A	S	U	I	C	W	Q	O	O	U	E	J	E	Y	A
I	W	C	V	V	B	G	S	N	S	A	D	A	S	L
L	P	M	O	O	Y	F	C	Y	K	P	N	B	C	F
J	W	O	R	K	I	T	O	U	T	V	L	L	H	I
L	O	S	E	M	Y	B	R	E	A	T	H	E	I	N
B	O	O	T	Y	L	I	C	I	O	U	S	I	L	A
M	E	M	Y	S	E	L	F	A	N	D	I	V	D	R



new! has teamed up with Paul Frank to offer one winner a fantastic bundle of goodies. This fabulous prize, worth more than £80, has everything you need to stay stylish this summer and is ideal for those planning holidays or weekends away. Included is an array of essentials – a jumbo beach towel, clear beach bag with travel pouch, holdall, travel pillow, umbrella and cute luggage tag. To browse the full range, including some amazing luggage cases, visit Very.co.uk. To stay up to date with the Paul Frank brand, follow @paulfranktweets on Twitter.

For a chance to win this great prize, send this form, with the answers to our crossword and wordsearch, along with your contact information to: Puzzle Prize 630, **new!** magazine, Number 10 Lower Thames Street, London EC3R 6EN, by July 19, 2015. A winner will be chosen at random and contacted by a member of the **new!** team.

Name:
Email:
Phone number:
Crossword answer:
Wordsearch answer:

EXPRESS your selfie!



McBusted via Instagram

*Stay out all night singing
#McBustedMEAT*

McBusted reveal all about their favourite online snap...

There are six of them in the band, so trying to get all of McBusted into one picture must be pretty hard work. As they release their tour DVD, we sit down with Danny Jones, Matt Willis, Harry Judd, Tom Fletcher, James Bourne and Dougie Poynter to talk about this selfie taken on May 1, belfies and, er, d*ck pics...

Hi guys! Tell us about this selfie...

Tom: It was just before we went on stage at The O2.

Harry: Dougie, you're barely in it.

Dougie: I'm always the guy that gets covered up by the arm, or the phone.

You do look pretty confused in it, Dougie...

It's because I'm not in it, like, where am I?

Is it difficult for you all to fit in a group selfie?

Danny: It is actually!

Matt: You can tell!

Dougie: I'm desperately trying to get in.

T: Matt tried taking one on stage at a One Direction show.

H: He missed about 65,000 people.

M: It was the worst selfie ever – it was really hard!

Have any of you ever had a diva moment where you don't want a horrid picture to go up?

M: James does that every time. He has to have approval.

H: I personally think it's brilliant for us to screw each other over. Matt once posted a picture of me where I look so weird but I think it's funny.

T: I think it's funny, the sh*tter the picture.

M: I do this thing on Instagram called DougCam where I take random pictures of Dougie and sometimes

he knows I'm taking them, which is bad. It's better if he doesn't know and

he's pulling a face like this [Matt screws his face up].

Who takes the most selfies?

M: Probably Tom.

H: Tom's definitely the most "socially active".

T: I don't actually take that many selfies but I do post the most pictures.

What do you guys think of the trend for belfies?

Dougie & H: What's a belfie?

A selfie that shows off your bum...

Danny: I like it!

T: A selfie of your bum? I've not done one of those.

H: They should call it a bummy – belfie sounds like you're taking a picture of your best friend. It's like, "Oh, look, it's my belfie!"

Dougie: I think bummy is better but I don't have a bum.

Lots of celebs have accidentally posted naughty pics online. Has that ever happened to you?

Dougie: No.

H: Definitely not, although last year on my birthday there was this Twitter account called Celebrity Nudes and they were like, "The birthday boy's been caught taking naked selfies," and they tagged me in it. I was getting all these tweets, like, "Nude photos of Harry coming up," and then some guy that just looked like me – it was him with his d*ck out and it was gross!

M: Was it a big d*ck?

H: Yeah, he had a massive d*ck. That's how I knew it wasn't me!

OLIVIA FOSTER

McBusted's Most Excellent Adventure Tour: Live At The O2 is out now on Blu-ray and DVD

Tweet talk

Catch up with what the stars have been saying on Twitter



@MollieTheSats

WHEN YOUR HAIR MATCHES THE STUDIO WALLPAPER
TUESDAY, JUNE 30

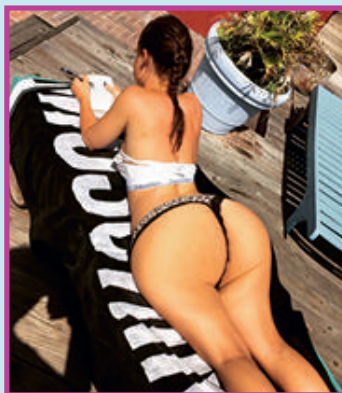
We suspect this was just a cheeky opportunity for Mollie to show off her gorgeous face!

@alikalfus

...IS THIS A BETTER ANGLE?

@LOUISEA THOMPSON

MONDAY, JUNE 29
Wowzers! Don't mess with our minds like that, Alik! For one moment we thought Louise had gone all Kim K on us!

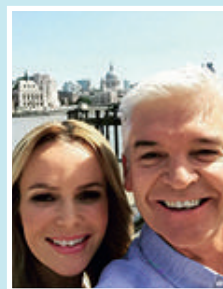


@Schofe

LOVING THIS!

WEDNESDAY, JULY 1

Phillip Schofield and Amanda Holden can't get enough of the hot British summer!



Brooklyn Beckham via Instagram

NOT 2 POSH 2 PUSH

MONDAY, JUNE 29

Brooklyn pokes fun at his mum's former Posh Spice nickname. What a joker!

I new! I

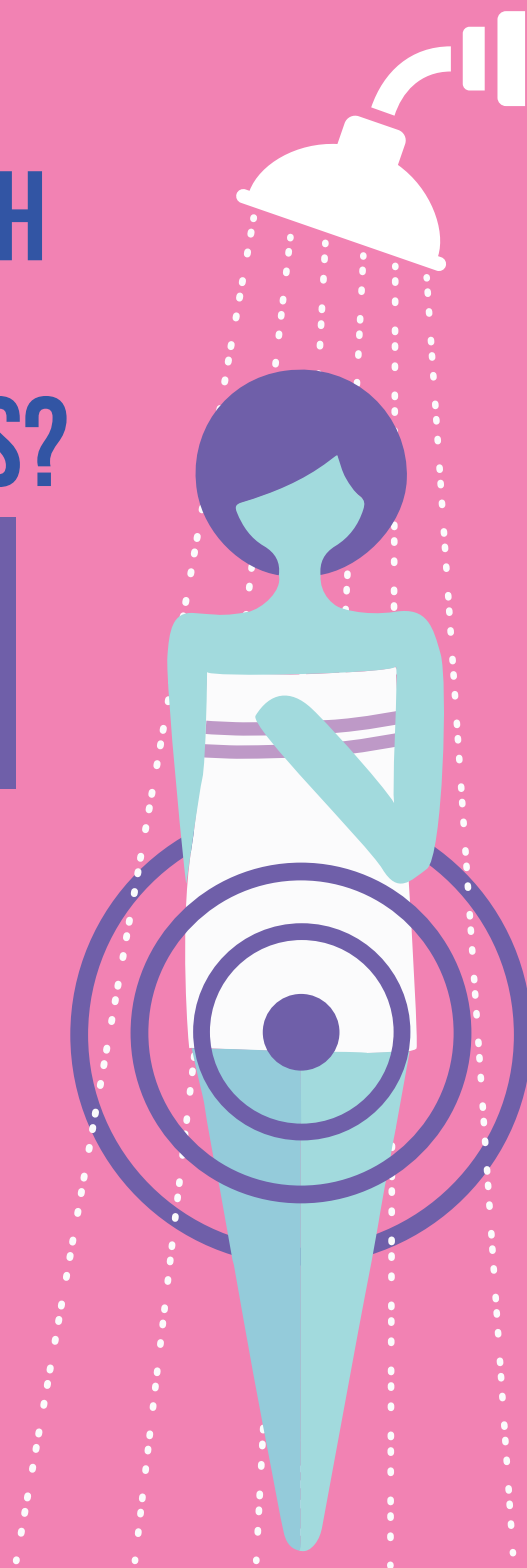
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